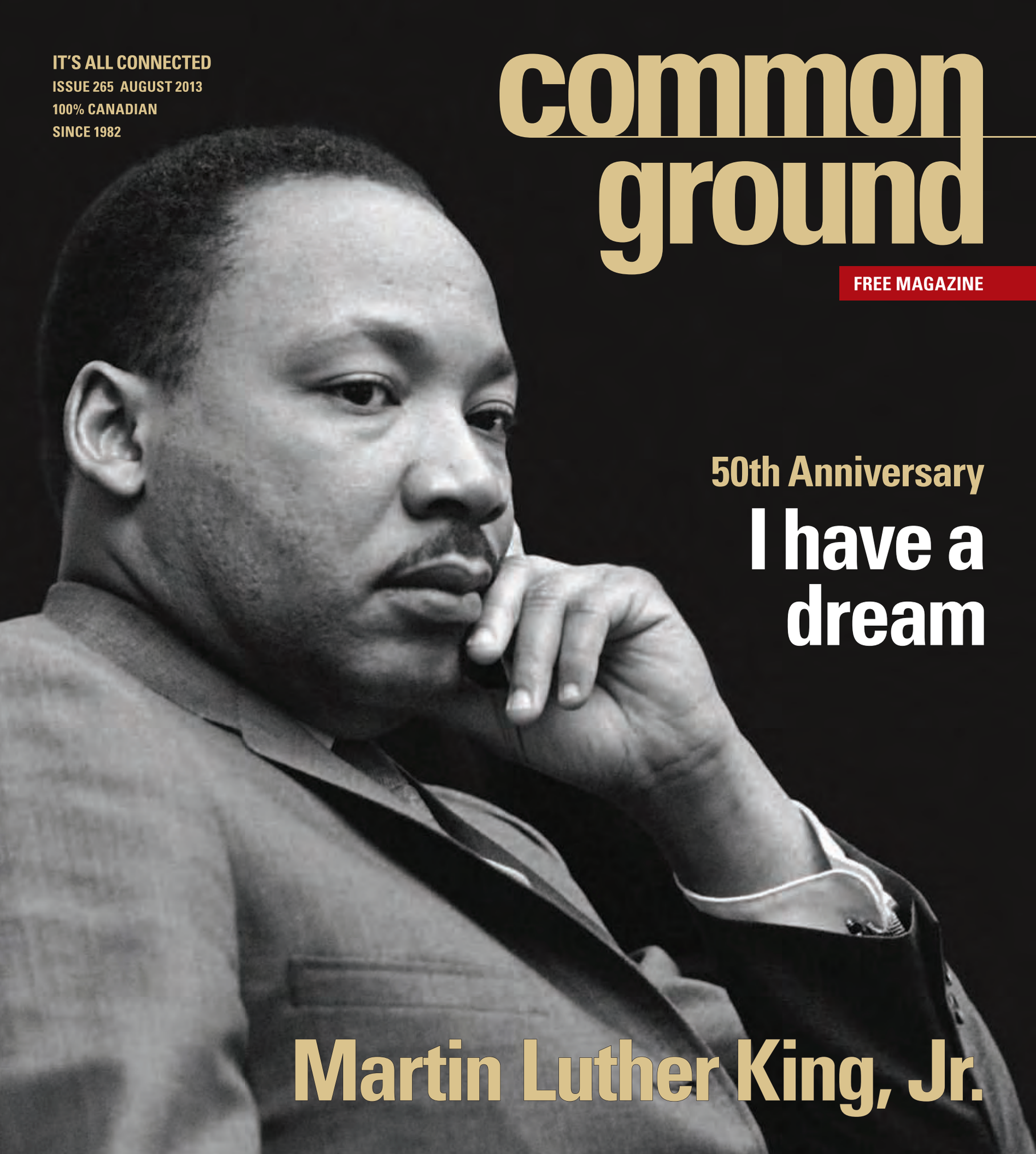
IT'S ALL CONNECTED
ISSUE 265 AUGUST 2013
100% CANADIAN
SINCE 1982

common ground

FREE MAGAZINE



50th Anniversary

I have a dream

Martin Luther King, Jr.

DREAMHEALER
ADAM MCLEOD

Integrative Healing Workshop

Victoria, September 21, 2013
Vancouver, September 29, 2013

Early bird discount available for limited time only.

Register here:
www.dreamhealer.com

Experience Self-Empowerment as Adam conducts two unique group healing sessions. Learn how to integrate powerful healing tools into your life.

The workshops have been redesigned to maximize your own healing potential with life-changing information!

www.dreamhealer.com

LET US HELP YOU WITH THAT.

Have you been feeling tired, irritable, sore, or having trouble sleeping? Stress can present in a variety of symptoms, and if left untreated can lead to more serious health issues.

Come in and learn about natural ways to treat and cope stress and anxiety so you can fully enjoy your life.

Kamloops Kelowna Langley Penticton Vernon West Kelowna | www.naturesfare.com

LOCAL · ORGANIC · BISTRO · PRODUCE · GROCERY · VITAMINS · SUPPLEMENTS · BEAUTY · HOUSEHOLD

OregaPet
Natural First Aid & Oral Hygiene
with Oil of Oregano
Tested on Humans for Pets!
Disinfect Your Pet Inside and Out!
www.oregapet.com
Brought to you by Joy of the Mountains™

common ground

features

columns

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Adam Sealey, Phil Watson, Steve Gorrill
Design & Production - www.perubluesky.ca
Proofing - Anthony Prosk

Contributors:
Robert Alstead, Teresa Butler, Nancy Callan, Canadian Biotechnology Action Network, Alan Cassels, Nathalie Chambers, Chloe Elgar, Shayna Grimwood, Carolyn Herriot, Kate MacDonald, Bruce Mason, Mac McLaughlin, Vesanto Melina, Alexandra Morton, Duane O'Kane, Gwen Randall-Young, Robin Alys Roberts, David Suzuki, Eckhart Tolle

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:
Phone: **604-733-2215** Fax: 604-733-4415
Advertising: adam@commonground.ca
phil@commonground.ca
steve@commonground.ca
Editorial: editor@commonground.ca

Common Ground Publishing Corp.
204-4381 Fraser St.
Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 75,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $60 (US$60) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

www.commonground.ca

FEATURES

5-9 **Martin Luther King, Jr. *I Have a Dream* 50th anniversary**
Bruce Mason

10 **GMO Bites**
Canadian Biotechnology Action Network

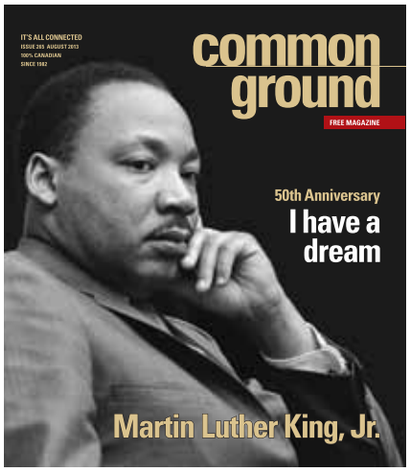
12 **Dr. Irving Kirsch – placebos same as antidepressants**
Kate MacDonald

16 **Champix pros and cons**
Alan Cassels

19 **Farmland protect it or lose it**
Nathalie Chambers, Robin Alys Roberts

30 **Eco Mama's Global Community Gardens**
Shayna Grimwood, Teresa Butler, Chloe Elgar

31 **Wild Salmon Warrior News**
Alexandra Morton



1929 - 1968

This month, we are honouring the legacy of Martin Luther King, Jr. and the magnificent vision he shared with the world five decades ago. What does the most significant speech of the 20th century – *I Have a Dream* – tell us today? We encourage our readers to read King's speech and discuss it with family, friends and foes. To get you started and to keep you going, *Common Ground* shares insights into the man, his moment and his hopes for humanity.

CULTURE

34 Toeing the party line
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

24 Natural flood prevention
SCIENCE MATTERS
David Suzuki

HEALTH

14 Meatless Mondays
NUTRISPEAK
Vesanto Melina

ORGANICS

18 Preserving the harvest
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

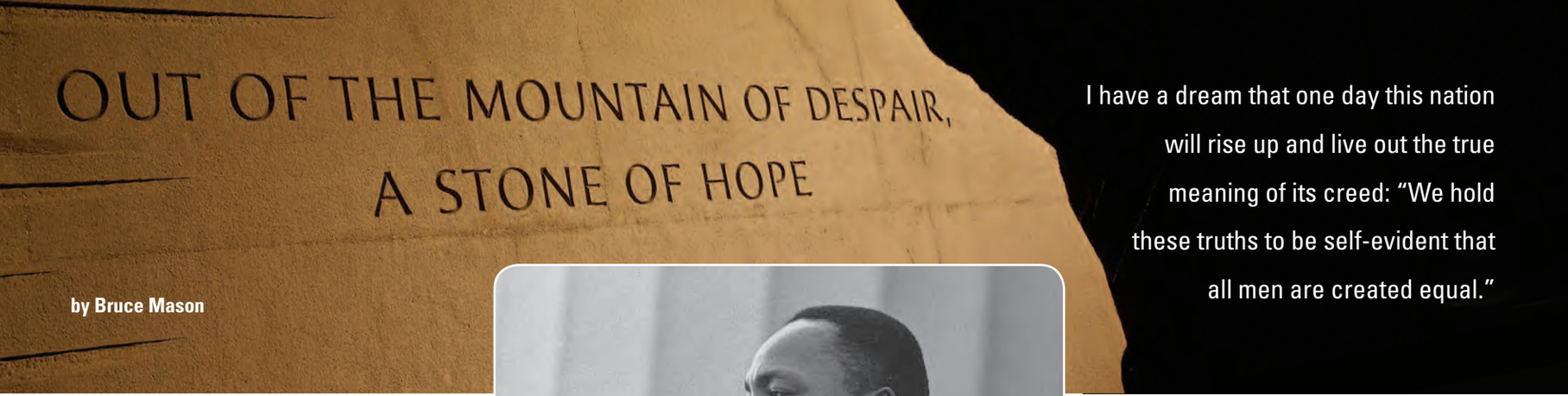
22 The first awakening
A NEW EARTH
Eckhart Tolle

23 Be happy now
UNIVERSE WITHIN
Gwen Randall-Young

34 Clearmind "Love out Loud"
WHERE IT BEGAN
Duane O'Kane

20 STAR WISE
25 RESOURCE DIRECTORY
32 DATEBOOK
33 CLASSIFIED

Cover design by Kris Kozak

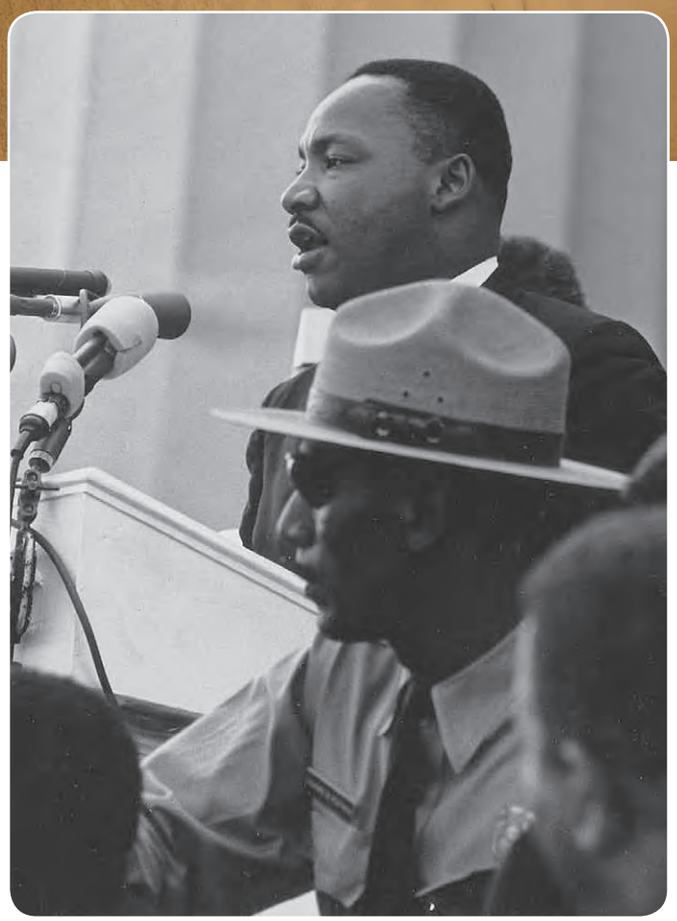


I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident that all men are created equal."

by Bruce Mason

Behind the Dream & beyond words

The making of a speech



March on Washington for Jobs and Freedom, Aug. 28, 1963

ARC Identifier 542069 / Local Identifier 306-SSM-4D(107)16

On August 28, 1963, 34-year-old Martin Luther King Jr. passionately and eloquently shared his 'Dream' – in 17 minutes and 1,700 words – and the world awakened.

As King stood at the foot of the towering memorial to Abraham Lincoln – he had signed the Emancipation Proclamation 100 years earlier – A. Philip Randolph introduced the Baptist preacher/civil rights leader as "the moral authority of our nation."

Randolph had conceived of a "March on Washington for Jobs and Freedom" during the Great Depression – the Dirty 30's – but that mass protest hadn't materialized. Decades later, as Randolph stepped aside at the lectern, he surely knew that his idea's time had come at last.

As King glanced over three pages of notes, organizer Bayard Rustin gleefully wove through the massive crowd, congregated shoulder to shoulder in the hot, humid afternoon around the Reflecting Pool, as far as the eye could see.

Rustin had marshalled thousands of charter buses, special trains and water-storage trucks for portable, non-segregated water fountains. He knew the crowd had grown significantly during the March as volunteers prepared 80,000 fifty-cent box lunches, containing a cheese sandwich, a slice of pound cake and an apple.

The demonstration exceeded 250,000 people, surpassing unprecedented preparations and optimistic expectations. And so would King. He rose to the occasion from behind a cluster of microphones, beginning his address to what he called "the greatest demonstration for freedom in the history of our nation."

Chosen as the sixth and final speaker – to allow him all the time he needed – King was to deliver the urgent message and declarative statement on the future of the movement.

For the first time, all three national television networks would beam his every word and gesture, along with the crowd's responses, across the country and around the world.

Photographers jostled, elbowing to capture iconic images for front pages, which for months had carried horrific pictures of snarling dogs drawing blood and powerful fire hoses upending peaceful demonstrators on streets and sidewalks in the Deep South, not so far away.

And nearby in D.C., the slain body of civil rights activist Medgar Evers lay in public view at a church on 21st Avenue.

Harry Belafonte had invited sympathetic celebrities including Paul Newman, Burt Lancaster and Marlon Brando as well as Sidney Poitier. Twenty-two-year-old Bob Dylan had helped warm up the crowd, along with Joan Baez, Odetta and others. One quarter of the faces were white, some famous, others influential, taking advantage and adding depth and punch to monochromatic TV broadcasts and news photos.

King announced unequivocally that the "March on Washington for Jobs and Freedom" had arrived "to cash a check," noting the US Constitution and the Declaration of Independence were "promissory notes" that "guaranteed the inalienable rights of life, liberty and the pursuit of happiness."

President Kennedy and his brother Bobby, the Attorney General, were among the millions in the rapt TV audience. Sequestered in the Oval Office, they worried and walked in circles, having warned that the event would jeopardize JFK's pending civil rights legislation in Congress.

"America has given the Negro people a bad check, which has come back marked 'insufficient funds,'" King told the massive audience. "But we refuse to believe that the bank of justice is bankrupt." The unmistakeable, unforgettable metaphor had crystallized 12 hours earlier in the lobby of the Willard Hotel.

After meeting with a cross-section of religious and labour leaders, academics and activists, King instructed Clarence B. Jones – his close adviser, personal lawyer and speechwriter – to organize a summary of the discussion. The outline, entitled "What We Demand," included the "bad check" reference and urged immediate action.

"Thank you, gentlemen. Now, I'm going to counsel with my Lord," said King, taking the notes upstairs to his room, alone. In his book, *Behind the Dream: The Making of the Speech That Transformed a Nation,* Jones reports that the famous phrase wasn't in the draft. He believes the sudden, riveting crescendo was God-given.

At the ninth paragraph, Mahalia Jackson, the speaker's favourite gospel singer, pleaded from 15 feet away, "Tell 'em about the dream Martin. Tell 'em about the dream." While King had previously spoken the words, "I Have a Dream," it had modest impact compared to that moment when he launched into the most remembered segment of the most significant speech of the 20th century.

Pushing aside prepared text, he was catapulted into history, speaking from his heart, spontaneously, extemporaneously.

"I hadn't experienced him speak that way before, as if some cosmic transcendental force possessed him," recalls Jones. "I remember commenting, 'This crowd should be ready to go to church.' It was spellbinding, electrifying, lightning in a bottle."

The master orator created his masterpiece, composing, cutting and pasting material in his mind, in real time. Preaching powerfully, he stirred the moral conscience of millions, tapping into core values and yearnings of humanity, speaking prophetically about living life without hatred and violence, inviting his audience to mountaintops, imagining and sharing new perspectives and vision.

Jones, a Juilliard-trained clarinettist – as well as a lawyer – could craft persuasive speeches with lyrical cadence and rhythm. But during the thunderous applause, as thousands wept openly, he told King that his "I Have a Dream" improvisations had eclipsed the musical genius of Charlie Parker and John Coltrane.

The speech has been studied ever since. Generations have pored over its 60 metaphors and allusions to the Declaration of Independence, Constitution, Gettysburg Address, Emancipation Proclamation and the Bible.

Until that day, news reports from civil rights frontline battlefields rarely mentioned voting rights or work and dignity. Focusing on violence, they tended to exploit rather than explain. Now the stage was set. The lights, curtains and cameras had gone up on 'Three Evils.' Poverty was now included along with racism and injustice. It was time for action.

Alarmed, J. Edgar Hoover's FBI reported, "We must mark him now, if we have not done so before, as the most dangerous Negro to the future in this Nation from the standpoint of communism, the Negro and national security."

Despite the paranoid Hoover's best clandestine efforts, King became a household name for time immemorial. He garnered broad-based support for the 1964 Civil Rights Act and the Voting Rights Act a year later when *Time* magazine's "Man of the Year" was also chosen as the youngest person to earn the Nobel Peace Prize.

Joan Baez and Bob Dylan at the civil rights march on Washington, on August 28, 1963. U.S. Information Agency photo

However, as the speech resonated and began reverberating, a militant Malcolm X cynically predicted, "Martin's dream will be a nightmare before it's over." And King himself later remarked, "So often in these past two years I have felt my dream falter as I have travelled through the rat-infested slums of our big city ghettos and watched our jobless and hopeless poor sweltering in an air-tight cage of poverty in the midst of an affluent society."

Martin Luther King Jr. Day is celebrated annually on his birthday in January. Last year, a monument built in China was unveiled in Washington. This year, elaborate celebrations have been carefully planned to honour the 50th anniversary of the speech. But pomp is morphing into a high profile opportunity to demonstrate against what King named "the appalling condition" and "withering injustice." The party is growing into a protest as the five days of congratulatory ceremonies are being modified to what King called for: "A whirlwind of revolt" in "the fierce urgency of now."

Youngest daughter and King Center CEO Bernice King announced the partnering of legacy organizations of the original March with other groups. "Our coalition hopes to make the 50th anniversary of my father's famous 'I Have a Dream' speech a meaningful experience which addresses the urgent causes of jobs, justice and freedom," she said.

As you read this, the US is awash in the Zimmerman verdict, rapidly increasing inequity, plummeting opportunity and injustice. And Detroit – Motown – has become the first major city to declare bankruptcy.

Dr. Martin Luther King Jr. was arrested more than 20 times, stabbed and his home was bombed. He faced constant death threats before being assassinated in April of 1968, at the age of 39, standing on a Memphis motel balcony, where he had travelled to support striking sanitation workers.

"1963 is not an end, but a beginning... We are not satisfied and will not be satisfied until justice rolls down like water and righteousness like a mighty stream, " King said. His 'Dream' is unrealized, the "bad check" remains unpaid, but his call to action – "to hew out of the mountain of despair a stone of hope" – echoes still.

Jack O'Dell A King insider and unsung hero carries on

BC resident Jack O'Dell was a member of Dr. Martin Luther King Jr.'s inner circle. For the 50th anniversary of the famed "I Have a Dream" speech – and his own 90th birthday this month – the legendary O'Dell was interviewed by Common Ground *writer Bruce Mason, as spoke about the legacy of King in our troubled, endangered world.*

"You wanted to discuss Martin and his 'Dream.' Well, right this way, brother," O'Dell says from the doorway of his Vancouver apartment. "We all know he was a wonderful orator, but he was also a very good listener. It's what helped make him a great leader. That's important to understand, especially during these deeply troubling times.

"We're facing a cascade of unprecedented problems with high levels of uncertainty and low levels of hope. That's leading to a deepening poverty of everyday life, materially and spiritually," observes Hunter Pitts 'Jack' O'Dell, who 'retired' – with his wife Jane Power – to Canada's west coast after five decades in the epicentre of volatile change south of the border. "Our challenges aren't insurmountable. We have the capacity to embrace them. First, we must renew the courage and vision that Martin has come to represent."

I arrived for our interview with my thumb-worn copy of *Climbin' Jacob's Ladder: The Black Freedom Movement Writings of Jack O'Dell,* a collection that "restores one of the great unsung heroes and analysts of the civil rights movement and his rightful place in the historical record." But the 2012 book and other research have left me somewhat unprepared for my first face-to-face meeting with the legendary and controversial activist/writer. He's celebrating his 90th birthday this month [August] and I'm surprised by the passion, warmth, wisdom and full-blown feisty vitality that is Jack O'Dell in the flesh.

"Too many so-called leaders aren't good listeners because they have already made up their minds," explains the former member of King's inner circle. "He wanted the facts. We operated on them, on what I refer to as the 'relatedness' of facts. "Dr. King listened intently, making certain that he heard fully what we knew, our experiences and honest thoughts. Adding his own understanding is what helped him connect the dots and to construct a vision that he could then clearly articulate, knowledgeably and powerfully."

O'Dell energetically leads the way through piles of papers in his living room. He is getting around to a request for his personal archives made about 20 years ago by a prestigious branch of the New Public Library. Clearing space, he's keen to continue what he calls our "conversation."

"The 'Dream' phrase may stand out in people's minds, but it's essential to also remember and focus on the reference to the 'bad check' before that. And to be aware that this was a call to action, to return to the South and to the slums and ghettos of Northern cities and change the 'situation.'

"Two years earlier, Eisenhower left office warning of the 'grave implications' of the 'growing military industrial complex' to liberty and democracy," O'Dell recalls.

Jack O'Dell with past, present and future leaders at the Jack O'Dell Education and Reflection Centre in Kent, Washington.

"This parasitic malignancy has grown exponentially, nurtured by corporate greed, national arrogance and too often, a grievous lack of attention from the general public.

"Back in 1958, after the New York stabbing – the first real attempt on his life – Martin remarked, 'We hope to achieve a nation at peace with itself, at peace with its own conscience.' That idea remained central to the movement, along with non-violence, courage and commitment, of course. "Look at his Riverside Church Speech during the Vietnam War, naming militarism as an interdependent evil, along with racial injustice and poverty. Breaking silence – that's one condition required for the thoughtful, respectful discussion that must take place if we are to survive.

"I grew up in the Detroit ghetto. Later, I sat behind screens on streetcars and buses, couldn't eat in a Walgreens drugstore restaurant or go to a public park. But early on – as a paperboy in the 1930s – I heard Roosevelt's Fireside Chats on radios everywhere. His New Deal was designed to help restore wealth to the public. It was being fought against by what he called 'economic royalists.' And they are still at it today.

"FDR didn't wait for State of the Union speeches, press conferences or crises. He didn't try for the centre or accommodate the Right. Instead, he spoke to us directly and often gave us hope, told us 'we had nothing to fear but fear itself.' That was one of his four freedoms. So was freedom from want – freedom from poverty – right along with freedom of religion and freedom of speech and expression."

O'Dell abandoned university studies to fight fascism in WWII. More aware of progressive and left-wing thinkers, he came home to actively organize labour and take part in other progressive activities in the Popular Front, including joining the Communist Party.

"I've never met a black person who joined the Party because of anything to do with the Soviet Union," recalls O"Dell, categorized as "one of the most belligerent witnesses ever summoned" by the McCarthy era's House of Un-American Activities (HUAC). "We were fighting for jobs and rights at home in the US. But I quit the Party in favour of the Civil Rights Movement."

By the late '50s, O'Dell had become acquainted with King and his Southern Christian Leadership Conference (SCLC). Harassed by the FBI, attempting to discredit the movement through red and black-baiting and HUAC 'investigations,' O'Dell had difficulty finding sustained employment, sometimes working under pseudonyms, on the run. However, he earned a reputation as one of the most energetic and vocal community organizers in the South. Hired by King in 1961 to co-manage an office in New York, he helped pioneer mass direct-mail marketing, a success that would further mark him.

O'Dell served as SCLC's director of voter registration in seven southern states and was particularly active in planning its highly successful 1963 Birmingham campaign. Targeted sit-ins, economic boycotts of businesses with larger protests and massive demonstrations were designed to attract attention as well as fill Birmingham jails to overcrowding. He assured King the necessary resources were available to carry out the strategy that led to the 'Dream' speech several months later.

Those conversations and meetings were bugged. And recently released wiretaps have revealed King's comment: "We're at the point where we can mobilize all of this righteous indignation into a powerful mass movement that could pressure the Kennedy administration to finally take decisive action on behalf of black civil rights."

However, the President and Attorney General took King aside in the White House Rose Garden demanding he cut ties with O'Dell, just weeks before the March on Washington. Noting his major contributions and "significant sacrifice commensurate with the sufferings in jail and through loss of jobs under racist intimidation," King was finally forced to reluctantly ask for O'Dell's resignation, rather than risk the discrediting of the movement through anti-socialist campaigns.

"I was in the New York office cleaning out my desk as Martin was making his speech. And the records show that the surveillance of him increased after I left," reports O'Dell, who went on to work as associate editor of the journal *Freedomways* – the progressive and pre-eminent international African American journal – for 23 years.

He wrote the first anti-Vietnam War editorial by a black author, among many other topics, including those contained in *Climbin' Jacob's Ladder* (University of California Press, edited by Nikhil Pal Singh). A close advisor to Jesse Jackson and the PUSH organization, a member of delegations visiting sites across the third world and a key intellectual figure in campaigns from discrediting South African apartheid to advancing the Nuclear Freeze, O'Dell played major roles in the Rainbow Coalition and Jackson's two runs for the US Presidency.

In his honour, the national office of the Institute for Community Leadership – on its 20-acre campus in Washington State – has been named the Jack O'Dell Education and Reflection Center (www.odellcenter.org). It recognizes and teaches that "reflection and action are two elements of a single well-lived personality." Included in the curriculum are "Dr. Martin Luther King Nonviolence" and "Personal Transformation Through Social Participation."

"Democracy unattended by public awareness will ultimately cease to exist. And the moment in which we find ourselves is one of great power and authenticity," Jack advises. "The transformative change required isn't the responsibility of government. Transformative change is an important part of personal life and growth. It's also a matter of individual civic responsibility.

Back in 1958, after the New York stabbing – the first real attempt on his life – Martin remarked, 'We hope to achieve a nation at peace with itself, at peace with its own conscience.' That idea remained central to the movement, along with non-violence, courage and commitment.

"There is a great deal of pain and injustice in the world right now, too much suffering. The future of humanity depends on confronting these challenges with determination, revolutionary patience, hope and a strong and active faith.

"Our challenge is to build a grassroots movement, organized, disciplined and informed – a movement of nonviolent action that is sustainably connected to visionary electoral politics and directs it."

I ask Jack what sustains him. O'Dell's laughter fills his wise, well-lived face. "Reality," he replies. "The truth is what Martin was seeking and speaking about. And the truth will set us free, all of us."

Visit the Martin Luther King Jr. Center for Nonviolent Social Change, www.thekingcenter.org

Bruce Mason is a Vancouver and Gabriola Island-based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca

I Have a Dream

Delivered by Dr. Martin Luther King, Jr., August 28, 1963

New York Mayor Wagner greets Dr. & Mrs. Martin Luther King, Jr. at City Hall

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of the Nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon of light and hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as the joyous daybreak to end the long night of captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacle of segregation and the chain of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corner of American society and finds himself an exile in his own land. So we have come here today to dramatize a shameful condition.

In a sense we have come to the capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men – black men as well as white men – would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

But it is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check – a check that has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity in this Nation.

So we have come to cash this check. A check that will give us the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America that the fierce urgency is now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promise of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our Nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the Nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. 1963 is not an end, but a beginning.

Those who hope that the Negro needed to blow off steam and will be content will have a rude awakening if the Nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwind of revolt will continue to shake the foundations of our Nation until the bright day of Justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever continue our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people – for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is inextricably tied up with our destiny. They have come to realize that their freedom is inextricably bound to our freedom.

We cannot walk alone, and as we walk, we must make the pledge that we shall always march ahead. We cannot turn back. There are those who are asking the devotees of civil rights: "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs stating "For Whites Only." We cannot be satisfied so long as the Negro in Mississippi cannot vote and the Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied and will not be satisfied until justice rolls down like water and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

A 12-yr-old Edith Lee-Payne at the march on Washington in 1963 U.S. Federal Government photo

Civil rights march in Washington, D.C., August 28, 1963. Photo by Warren K. Leffler

Go back to Mississippi. Go back to Alabama; go back to South Carolina; go back to Georgia; go back to Louisiana; go back to the slums and ghettoes of our northern cities knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this Nation will rise up and live out the true meaning of its creed – "we hold these truths to be self-evident that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood. I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a Nation where they will not be judged by the color of their skin, but by the conduct of their character.

I have a dream today.

I have a dream that one day down in Alabama, with its vicious racists, with its Governor, having his lips dripping the words of interposition and nullification – one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and little white girls as brothers and sisters.

I have a dream today.

I have a dream that one day every valley shall be exalted: every hill and mountain shall be made low, the rough places will be made plane, and the crooked places will be made straight and the glory of the Lord shall be revealed and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our Nation into a beautiful symphony of brotherhood. With this faith, we will be able to work together; to pray together; to struggle together; to go to jail together; to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with new meaning "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrim's pride, from every mountainside let freedom ring."

And if America is to be a great nation, this must become true. So let freedom ring. From the prodigious hilltops of New Hampshire, let freedom ring. From the mighty mountains of New York, let freedom ring, from the heightening Alleghenies of Pennsylvania, let freedom ring, from the snow-capped Rockies of Colorado. Let freedom ring from the crevatial slopes of California.

But not only that. Let freedom ring from Stone Mountain of Georgia. Let freedom ring from Lookout Mountain of Tennessee. Let freedom ring from every hill and molehill in Mississippi. From every mountainside.

> Again and again we must rise to the majestic heights of meeting physical force with soul force.

Let freedom ring and when this happens... And when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics will be able to join hands and sing in the words of the old Negro spiritual, "Free at Last! Free at Last! Thank God Almighty, We're Free at Last!"

More information is available at Wikipedia and You Tube.See www.youtube.com/watch?v=jhuSyFHGes0 for the history of the march in photos. Full text and interesting background posted at:abcnews.go.com/Politics/martin-luther-kings-speech-dream and www.usconstitution.net/dream.html

Truly Raw

We supply truly raw organically grown
NUTS, SEEDS, DRIED FRUIT, CACAO, COCONUT OIL & SUGAR, MACA, DULSE, HUMIC/FULVIC, HAWAIIAN SPIRULINA & ASTAXANTHIN, VANILLA, AGAVE, CHIA and more…
Just being organic isn't enough, we want to know the farmers.
Wholesale to everyone.

Real Raw Food
Distributor of Organically Grown Truly Raw Foods

www.realrawfood.com • Naramata, BC • 250-496-5215

Why Live Like a Fish Out of Water?

earthcalm.ca
Ultimate Radiation Protection

Grounds you, deeply, in the Earth's natural electromagnetic field, which you are meant to live in.
Powerfully protecting the body from dysfunction due to exposure to electro-pollution, EMFs
IIREC tested & certified.

Vibrancy Water
Structured Water Units

Gives you the pure and energized, natural water,
your body is meant to have,
in your home, in travel, pool, farm …

Ultimate Technologies. Backed by Science. Powered by Nature.
www. earthcalm.ca 416-222-2368 1-888-993-9123 www.vibrancywater.ca
All products are maintenance-free. Lifetime Warranty 90 day guarantee

GMO BITES

From Canadian Biotechnology Action Network (CBAN)

Action appeals

Farmers are working hard to make hay while the sun shines. Write your letter in solidarity now to stop GM alfalfa from contaminating our hay. www.cban.ca/alfalfampletter

Sign the petition set up by the BC Girl Guide who wants GMO-Free Girl Guide cookies. The business manager for the Girl Guide cookies said, "With the current world market for food products, it's not a financially viable option. It would triple the cost of our cookies." A similar campaign from a Girl Guide to remove palm oil in order to save orangutan habitat was met with a similar answer.

Change the food system, change the cookie: www.change.org/petitions/girl-guides-of-canada-take-all-gmo-ingredients-out-of-girl-guide-cookies

US Senate vote for GM fish labelling

The first recorded vote on GE food labelling in the US Senate Appropriations Committee passed 15-14. It was a bipartisan amendment to the US Fiscal Year 2014 Agriculture Appropriations bill that would require the mandatory labelling of GM salmon, if it passes on the Senate floor in the [near future]... "The tide is shifting in states across the nation and on Capitol Hill in favour of labelling genetically engineered foods," said Colin O'Neil, director of government affairs for Center for Food Safety in the US.

City of North Vancouver votes for GE-Free

On June 10, the City of North Vancouver became the second Vancouver municipality and the 62nd municipality in BC to declare itself a GE-Free zone. Congratulations GE Free BC and Ecourbia Network. The City Council also asked staff to review the potential for a ban on the sale of all GE crops, seeds and trees within the City boundaries. If that happened, North Van would also be the first municipality in Canada to introduce such a bylaw. Check out the full update from CBAN member group GE Free BC: http://gefreebc.wordpress.com/2013/06/11/city-of-north-vancouver-votes-unaninmoulsy-to-become-a-ge-free-zone/

Landmark decision:
Human genes are not patentable

In a unanimous landmark decision, the US Supreme Court has ruled that naturally occurring genes and DNA sequences are facts of nature and therefore not patentable. Synthetic molecules, known as complementary DNA or cDNA, may be patentable, however. For 30 years, the U.S. Patent Office has issued patents on thousands of human genes, including genes associated with colon cancer, Alzheimer's, muscular dystrophy and many other diseases. Companies controlling gene patents had the right to stop all other scientists from examining, studying, testing and researching our genes. No longer! www.aclu.org/blog/womens-rights-free-speech-technology-and-liberty/victory-supreme-court-decides-our-genes-belong

Second US state votes for mandatory labelling

On June 12, the Senate in the US state of Maine passed a bill for mandatory labelling of GM foods – unanimously. Additional votes are needed before final approval. This is the second state law as on June 3, Connecticut passed a similar bill. www.pressherald.com/maine-senate-unanimously-endorses-labels-for-genertically-modified-foods_2013-06-12.html

New study: GM crops not providing higher yields

A new wide-ranging study has found no yield increase in the US from GM corn and canola compared to non-GM in Western Europe. "The American choices in biotechnology are causing it to fall behind Europe in productivity and sustainability." www.tandfonline.com/doi/full/10.1080/14735903.2013.806408#.UcG74z5gaYn

Commentary on new health study: Pigs fed GM grains

Consumers Union in the US provides a good summary of the importance of the new long-term health study on feeding GM grains to pigs: http://consumersunion.org/news/consumers-union-statement-on-new-long-term-study-of-feeding-ge-grains-to-pigs/ CBAN has posted documents and a link to the study at www.cban.ca/Resources/Topics/Human-Health-Risks

Michael Hansen of Consumers Union in the US says the following about the study, "This is something that needs to be followed up. It's consistent with other findings. The critics of this study want to assume GE is safe and then try to tear down any study showing otherwise... This is an ideological position, not a good scientific one." Here is a good reflection on the industry backlash: "The shrill has found itself on the other foot." http://grist.org/food/look-whos-squealing-now-gmo-lovers-freak-over-new-study-of-sick-pigs/ and specific responses to the expected attack from the industry. http://gmojudycarmanorg/a-specific-reply-to-mark-lynas/

Tests reveal that people across Europe are contaminated with glyphosate, the active ingredient in Monsanto's Roundup herbicide formula... Governments do not track glyphosate levels in people and the Canadian government does not track how much glyphosate (or GM seed) is used.

Glyphosate health impacts

A short new video provides testimonials about the impact of GM soy production on the health of families in rural Paraguay. "Crying with tears in my eyes, I ask them, 'Don't spray any more poison' but they laugh at me which makes me angry. Where will we get the money to cure all our children?" GM Roundup Ready (glyphosate) and other herbicide tolerant soy crops are designed to be sprayed with pesticides. https://www.youtube.com/watch?v=0GbS2uLXZh0

Test results show that there may be widespread presence of the herbicide glyphosate in the general population. Tests reveal that people across Europe are contaminated with glyphosate, the active ingredient in Monsanto's Roundup herbicide formula. The unprecedented tests, commissioned by Friends of the Earth Europe, found the herbicide in 44% of volunteers in 18 European countries. Governments do not track glyphosate levels in people and the Canadian government does not track how much glyphosate (or GM seed) is used. www.foe.org/news/news-releases/2013-06-first-of-its-kind-testing-shows-pesticide-found-in-people#sthash.oBK3hFFY.dpuf

GM alfalfa campaign progress updates

Your letters and petitions to your Members of Parliament are having an impact. Various sources tell us that many MPs are very aware and concerned about GM alfalfa and in meetings with agriculture organizations. MPs are raising this issue on their own and asking questions in order to educate themselves. MPs have heard a lot from constituents about this issue since the April 9 Day of Action to Stop GM Alfalfa and so your letters are a good action that continues this pressure. If you have not already sent your letter, you can do this instantly from www.cban.ca/alfalfampletter

Many of you have asked for help in responding to your MP so CBAN has drafted some suggestions for responding to arguments: www.cban.ca/Resources/Topics/GE-Crops-and-Foods-Not-on-the-Market/Alfalfa/Responding-to-MP-letters-on-GM-Alfalfa

Many thousands of signatures were presented in the House by MPs across the country in May and June including from the Yukon, Ontario, BC and Alberta. And many people also sat down to meet with their MPs. Parliament has closed for the summer break but not before over 1,000 signatures were presented in the House of Commons by MP Craig Scott (Toronto-Danforth), thanks to Toronto activists and The Big Carrot.

Special Action Request: CBAN does not have the funds to send our report on GM alfalfa contamination to every MP, but you could send it! If people across the country mail the report to their own MP, this is even more influential. Please consider printing the report as well as the executive summary (easier for your MP to read and use) and send both documents in the mail or deliver them to the local office, with a covering letter about your concerns or just a post-it note asking them to read it. You can look up their local office address using your postal code at www.parl.gc.ca You could also include a package of alfalfa seeds in your mailing to help make your point. Most health food stores sell alfalfa seeds for sprouting. Alfalfa seeds are tiny and having these seeds in their hands will help MPs understand that the issue of contamination is very serious – who can keep track of these tiny seeds? Download the report and executive summary at www.cban.ca/alfalfaONreport

The report is about contamination in Ontario, but this contamination will not stay in Ontario and there's no guarantee that Forage Genetics and Monsanto will only introduce GM alfalfa in Eastern Canada, as they say for the moment.

The new Ontario Premier has agreed to sit down with Ontario farmers to hear their concerns about GM alfalfa. If you live in Ontario, now is a great time to write to Premier Kathleen Wynne, who is also the provincial Minister of Agriculture. Write to Kathleen Wynne, Premier, Legislative Building, Queen's Park, Toronto ON M7A 1A1 or email premier@ontario.ca or call 416-325-1941.

Thank you to everyone who is taking these and other actions. Thank you also for sending us your responses from MPs. We are still working to reply to all of you. Please stay tuned for important upcoming updates in this campaign. Thank you for your ongoing action and support.

Donate today to support the campaigns at www.cban.ca/donate

Youth activism at work

Sixteen-year-old North Okanagan resident Jenna Mazur is raising awareness about the need for mandatory GMO labelling in Canada. Sign the petition she created on Avaaz: www.avaaz.org/en/petition/Mandatory_GMO_labeling_1/?copy

Registered Massage Therapy

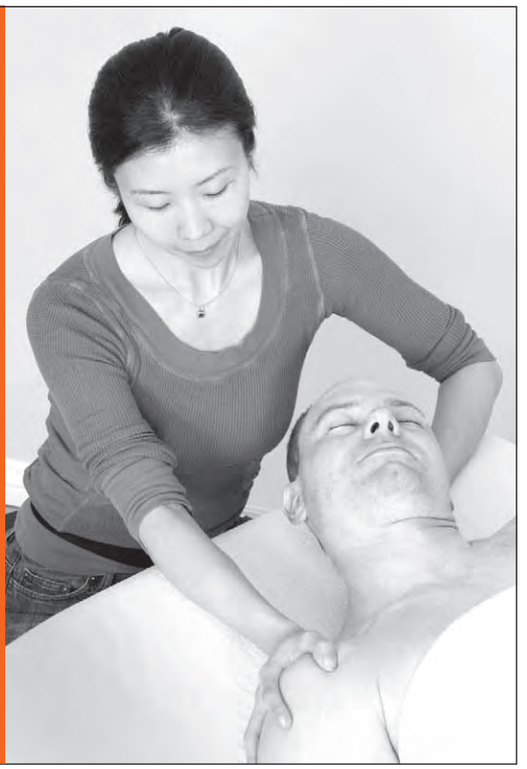
YOUR CAREER IN YOUR HANDS

- Only public college in BC to offer RMT training
- Fully qualified for the professional designation of RMT
- Additional certification in Subtle Manual Therapies
- Includes university level courses

Accepting applications for September 2013 | Vancouver campus

Learn more.
Jennifer O'Sullivan
604.872.3516 | rmt@langara.bc.ca
www.langara.bc.ca/rmt

Langara.
THE COLLEGE OF HIGHER LEARNING.



Awaken your hidden potential.

HEALTH & HUMAN SERVICES, CONTINUING STUDIES

Inspire personal growth and explore career possibilities in holistic health, wellness, image, or health therapies. Register now for September 2013. Vancouver campus.

FULL AND PART-TIME OPTIONS INCLUDE:

- Integrative Energy Healing
- Holistic Aromatherapy
- Thai Massage
- Registered Massage Therapy
- Cranial Sacral Therapy
- Medical Aesthetics
- Image Consulting
- Yoga Teacher Training
- Expressive Arts Therapy
- Healthcare Professional Development

INFORMATION NIGHT

Wednesday, August 21
601 West Broadway
Unit M-11

Starts at 5:00 pm.
See website for the evening's schedule.

Learn more.
604.323.5926 | holistichealth@langara.bc.ca
www.langara.bc.ca/hhs

Langara.
THE COLLEGE OF HIGHER LEARNING.

by Kate MacDonald

Rogers Prize keynote speaker shows antidepressants no better than placebos

The 2013 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine will be celebrated with a gala award dinner and free afternoon colloquium in Vancouver on September 26. While organizers are mum on the list of short listed nominees for the biennial $250,000 prize, the work of their Gala Award Dinner keynote speaker, Dr. Irving Kirsch – Associate Director of the Program in Placebo Studies at Harvard Medical School and author of *The Emperor's New Drugs: Exploding the Antidepressant Myth* –will be of interest to anyone who has been following the story about the provincial government's shenanigans with UBC's drug review team.

Dr. Irving Kirsch

Kirsch's research, which is based on the drug companies' own data, dismantles the case for antidepressants, showing there is little or no difference in effect from placebo. His findings were provocative enough to compel the UK National Health Service to complete their own review of the antidepressant clinical trials, which resulted in the NHS dramatically revamping the way antidepressants are prescribed. Dr. Tim Kendall, Co-Director of the Review, told *60 Minutes* that the published evidence significantly overestimated the effect of the drugs and understated the side effects.

In addition to relating his experiences as a 'troublemaker' at the dinner, Dr. Kirsch will open the afternoon colloquium "Exploring the Mind-Body Continuum" with a brief appearance to describe the placebo effect and its significance, which will set the stage for further exploration of the day's topic. Given the latest revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V), which lowers the criteria for diagnosis of some mental health conditions while broadly expanding the definitions of others, Dr.

His findings were provocative enough to compel the UK National Health Service to complete their own review, which resulted in the NHS dramatically revamping the way antidepressants are prescribed.

Kirsch's insights should be of great significance to the general public and medical community alike.

Past revisions of diagnostic criteria have resulted in increases in diagnoses greater than originally predicted and the recent removal of "bereavement exclusion" (i.e., grief as a factor to be considered) from the DSM for clinical depression is cause for concern. The increasing medicalization of everyday human experience and emotion has been a boon for big pharma. In the 30 years since the introduction of Prozac, prescriptions for antidepressant drugs have increased by more than 400%. Without a sea change in doctor and patient awareness, these most recent revisions could well foreshadow a boom for pharmaceutical companies marketing psychotropic drugs.

Dr. Jeffrey Dusek, formerly of Harvard Medical School and now Director of Research at the Penny George Institute for Health and Healing, will present his work at the Colloquium. Dr. Dusek was co-author of the 2006 STEP Project (more commonly referred to as the Templeton Prayer Study), a $2.4 million dollar study that showed, contrary to expectations, that cardiac patients who knew they were being prayed for had significantly worse outcomes than those in the blinded study. "We thought that the certainty of knowing about the prayers of outsiders would reduce complications that accompany bypass surgery. But the results were paradoxical." The study researchers don't believe the study refutes the power of prayer so much as it reveals the possibility that participants may have believed they had been assigned to the prayer group because they were at greater likelihood of negative consequences. "We found increased amounts of adrenalin, a sign of stress, in the blood of patients who knew strangers were praying for them," explains Dr. Dusek. "It's possible that we inadvertently raised the stress levels of these people."

About the prize

The $250,000 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine is awarded every two years to celebrate the achievements of researchers, practitioners and others in the field of complementary and alternative (CAM) health care. The largest prize of its kind in North America, the first Dr. Rogers Prize was awarded in 2007.

Open to individuals whose complementary or alternative medicine activities are carried out within Canada, the recipient of the Dr. Rogers Prize is an individual who embodies the vision, leadership and integrity as that of Dr. Roger Hayward Rogers for whom the award is named. A Canadian pioneer in the field of CAM, Dr. Rogers was among the first to provide non-traditional therapies for cancer patients. He was appointed to the Order of British Columbia in recognition of his groundbreaking work.

September 26: Free afternoon colloquium 1-5PM, Fairmont Waterfront Hotel. Reception and award dinner follow in the evening. Registration and ticket information for both events at www.drrogersprize.org See display ad this issue.

CHEF SURVIVAL CHALLENGE VI EXTREME
2013 NATIONAL DEBUT
VICTORIA 08. SEPTEMBER
VANCOUVER 15. SEPTEMBER
WATCH VICTORIA & VANCOUVER'S FINEST CHEFS COMPETE IN A HILARIOUS FUNDRAISER TO PROTECT THE FARMS THAT FEED US!
"WHERE IRON CHEF MEETS TOUGH MUDDER"
GET YOUR TICKETS TODAY
CHEFSURVIVALCHALLENGE.COM
TICKETS $40 – FAMILIES $100
PROCEEDS TO FARMLAND CONSERVATION!
common ground
MEDIA SPONSOR

What's been missing in therapy, coaching and spiritual practice that's had people spinning in circles for years?

Finally, a way to heal all struggle, turmoil and disharmony in the shortest time possible – permanently.

There are so many schools of therapy, coaching, self-help and human potential from ancient to modern. All seek to relieve the psychological, emotional, physical and spiritual disharmony that is causing suffering.

The challenge is, many of these methods take a long time, and in today's world very few can dedicate the time, effort and money needed for long-term progress therapeutically and spiritually.

Also many have found that their problems come back like reoccurring nightmares and they feel somewhere deep inside that they will never get out of the disharmonious rut they keep falling into.

Harmony Integration is an end to this time worn struggle.

Satyen Raja, founder of WarriorSage and Harmony Integration Academy, has discovered and is one of the world's main proponents of a radical new method that goes to the heart and soul of one's problems and deals with integrating the disharmony totally. All that is left in is deep peace and a keen sense of clear direction and harmony.

This simple to learn yet remarkably thorough and effective method is based on all the good gains made in therapy, coaching and growth work these last 50 yrs, and takes it all to a whole new level in effectiveness and power.

This is for you to attend if you are a professional helper of others, healer of any kind, or have a yearning to make a full or part time income making positive, impactful change as a life coach of a whole new order.

This is also for you if you want to take big leaps spiritually and discover your own well of wisdom - not as cliché or through vague platitudes, but using specific techniques and coaching methodologies that work fast and deep and create permanent and lasting change.

Satyen Raja

Satyen is a seasoned 34-year master of numerous human potential methodologies. He is bringing his highest distillation of what really works after sifting through and fully researching so many of the advancements in helping others.

At this live event:

- You will learn a simple and elegant technique that you will use immediately to eliminate a pressing problem you may have, that will leave you speechless.
- You will see demonstrations of life long issues dissolved in front of your eyes.
- You'll learn how to move your life forward deeply and fast, in the direction your soul yearns for, regardless of what you've tried.
- Satyen will demonstrate first hand, with audience members, how trauma can be healed in a short time, as well as any minor or major life challenge you may have.
- You'll learn how to make a full or part time income within 60 days doing what you love, making genuine impact in other's lives.

"I'm excited to provide and recommend Harmony Integration as a quick pill-free method to help my patients break through mental and emotional barriers that may be limiting their health and wellness. Harmony Integration Coach Training is THE MOST POWERFUL vehicle for individual and collective elevation of consciousness and healing into our full potential I have ever come across."

Devon Christie, *MD CCPF, ABIHM, Harmony Integration Coach*

"I have seen many healing modalities in my vast experiences; I was a bit skeptical at first, as I have heard so many promises made from those who work in the Healing Art fields. To my amazement, I have seen unquestionable healing occur in individuals that were reeling from trauma. I have also experienced the complete eradication of addictions from one's being. "

Laura Taylor Pratt, *Psychologist, Harmony Integration Coach*

"Harmony Integration is amazing. As a personal coach and workshop facilitator, I was looking to add to my ability to help people. The techniques really do allow you to get over and integrate any unwanted condition, state, problem, issue, etc. in record time. The aim is "complete dissolution of the problem", not just small doses of progress. As we practiced what we were learning, I was blown away by how competent all the participants had become and how much ability everyone gained to facilitate these processes."

Linda Robinson Workshop Facilitator *Harmony Integration Coach*

"I am recommending this process to other helping professionals as a great addition to your tool belt of modalities. You will find it expedient and easy to administer. Harmony Integration cuts right to the chase of any problem, issue, or challenge. The process calls upon the soma, the psyche, and the soul. The problem dissolves, and as promised, harmonizes and integrates the matter very quickly. Satyen has uncovered a beautiful process; Harmony Integration is direct, powerful, smooth, and elegantly transforms."

Wesly F. Feuquay, *M. Ed. Professor of Consciousness and Mature Ego Development Maricopa Community Colleges, Arizona, Department of Psychological Science*

"I had a Harmony Integration session yesterday...now it's time for World Domination muwahaha!!! <--(evil grin) ...OK, the session wasn't about World Domination, though I'm feeling it was the most powerful 25 minutes I've ever had in any type of coaching/therapeutic context – very nice!"

Justin Livingston *Business Growth Marketing Expert*

Introduction to HARMONY INTEGRATION

Wednesday, August 28, 2013

Centre for Peace
1825 W. 16th Avenue
Vancouver, BC

7pm to 10pm
Arrive at 6:30pm

TICKETS: See us in the event listings!
$20 online (with promo code)
$30 at the door

PROMO CODE: CG813

Buy online at EndStruggleNow.com
Or call 778.999.5359

SMARTPHONE? SCAN HERE FOR TICKETS

Train for a Career as a Certified Nutritional Practitioner!

Earn a Diploma in Applied Holistic Nutrition

The Institute of Holistic Nutrition

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2013

For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

Nutrispeak Vesanto Melina, MS, RD with Nancy Callan

Meatless Mondays

Vancouver is the first Canadian city to embrace "Meatless Monday," an initiative encouraging residents to forego meat one day a week for the sake of the planet and their health. In terms of restaurants and cafes, whether you choose all-vegetarian or a mix, our fair city offers many options for adventurous and not so adventurous diners.

Kitsilano's many possibilities include The Eatery, with funky surroundings and numerous original, creative, plant-based variations on Japanese favourites. For a taste of paradise, try their *Mango Paradise Roll*. Also check out Tera V Burger; their *No Bull Burger* has been known to fool many a meat eater. The mother and daughter who run Indigo Food Café offer both raw and cooked cuisine, with each menu item a masterpiece of creativity and flavour. Try their perogies or order *High Tea* in advance – a multi-tiered tray of bite-sized sweet and savoury treats. Golden Aura, a new addition to Vancouver's raw scene, has a delicious variation of *Pad Thai*.

Whether you choose all-vegetarian or a mix,

our fair city offers many options.

Heading to East Van, options include Chinese cuisine at Po Kong on Kingsway or Bodhi Choi Heung on Fraser. You'll also discover Vietnamese vegetarian restaurants such as the new Veggiebowl on Kingsway, Three Jewels on Commercial and Chau Veggie Express on Victoria near 33rd. The latter's Vietnamese sandwich, *Family of Five on a Scooter,* is not to be missed! East Van also has a selection of Ethiopian restaurants, including Axum. For a mere $10, enjoy the veggie sampler plate, eaten by hand with the famous flat sourdough bread *injera*. For an inspiring glimpse of ethical food preparation, visit Graze restaurant on Fraser Street where they grow their herbs and vegetables, collect rainwater for later use, compost and generate solar hot water! Their *Antipasti* and the *Dip Board* are both fabulous adventures to share with friends. Another favourite is The Foundation on Main Street.

Downtown, Nuba has several locations, plus one in Kitsilano. *La Feast* is a two-person spread of plant-based Lebanese specialties. *Najib's Special*, their cauliflower dish, was described in a news article as one of the hundred things you should try before you die. On Richards St., Gorilla Food has an extensive, tasty raw menu and warm-hearted staff.

In Marpole, Cravings makes dining with a group with diverse dietary needs stress-free; they cater to patrons with gluten sensitivity, those who want plant-based food as well as people who want non-vegetarian items. Their tasty veggie stir-fry far surpasses expectations.

In New Westminster, the vegan café Karmavore features some delicious Chau Veggie Express dishes, such as the delicious *Golden Temple Prayers*. They also offer a raw food selection, baked items, burgers and deli food for take-out.

In North Vancouver, Pasparos Taverna has hearty *Vegan Moussaka*. Also check out Café by Tao and Buddha-Full, two fine raw food restaurants.

As you head to the Fraser Valley, try Wendel's Café in Fort Langley and the Jungle Juice Company on Wallace St. in Hope. For more options, visit www.vegdining.com and www.happycow.net

Dine in good company and explore some delicious food at the monthly Meatless Meetup (www.meetup.com/MeatlessMeetup). There's never been a better time to do culinary exploration on the veggie side.

Vesanto Melina is a registered dietitian, consultant and author. www.nutrispeak.com, 604-882-6782. **Nancy Callan** organizes Meatless Meetup.

Nourish Their **Brain Health**

Studies have shown the importance of omega-3s for supporting cognitive health and brain function in growing children. Carlson for Kids award-winning liquids and chewable soft gels are a tasty way to help your children receive the healthy benefits of omega-3s. Our Norwegian fish oils have a great natural lemon or orange taste. All Carlson fish oils are third-party tested for freshness, potency & purity.

Carlson for Kids®

888-234-5656 | www.carlsonlabs.com

Learn. Teach.
EMPOWER.

Achieve optimal health,
well-being, and an exciting career with a Diploma in Holistic Nutrition from Canada's leading Holistic Nutrition School. **CSNN** exclusively offers the R.H.N.™ Designation (Registered Holistic Nutritionist), the most recognized designation in the industry.

To learn more about CSNN's Natural Nutrition Diploma program, visit **www.csnn.ca**.

Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

CSNN Vancouver
604.730.5611
van@csnn.ca

CSNN Nanaimo
250.741.4805
nanaimo@csnn.ca

Briefing Notes on Prescription Drugs

Champix pros & cons

There's no such thing as a bad drug. Drugs – in this case, I mean pharmaceuticals – are neutral. They are neither good nor bad. They can do tremendous good if used properly and terrible harm if not. There are no bad drugs – only bad decisions around how drugs get used.

Even when some of the most notorious pharmaceuticals around – such as the diabetes drug Avandia, the acne drug Accutane, antipsychotics such as Seroquel or Risperdal or the smoking-cessation pill Champix – have serious safety warnings, are awash in press coverage about their adverse effects and are mired in class-action lawsuits, they should not be thought of as 'bad.'

The smoking cessation drug Champix – generic name: varenicline – made by drug giant Pfizer makes a good case study. It has certainly seen a lot of press lately, especially in BC where it dominated headlines in July and caused a furor in the BC Legislature over allegations that the ruling Liberal government has been squashing independent evaluation of this drug and succumbing to pharmaceutical industry pressure to prevent questionable drugs used by BC citizens from being properly studied. Those allegations seem plausible and certainly fit with the Liberals' nauseating coziness with the drug industry, but again, the issue is not whether Champix is 'good' or 'bad,' but whether the decisions around how it is being used are sound.

You might conclude differently if you read the stories of family members who committed suicide while on the drug or listened to callers burning up the lines on talk radio shows proclaiming that Champix caused them to experience terrible nightmares and strange mental disturbances. Those stories are gripping, but equally compelling are the stories told by those who say the drugs have been tremendous and helped them kick their habit of the noxious weed.

I'm not sure if the drug is good or bad, but I do know you can find many bad decisions made by those who approved, promoted, prescribed, paid for and otherwise encouraged people to use it. One thing revealed in the saga around Champix is the shockingly insouciant attitudes that both physicians and payers seem to have towards drug safety signals. Let's face it folks; last time I checked, smoking wasn't a disease and it's a habit that people, given the right incentives, seem pretty well able to quit on their own. In the last 50 years, smoking rates in North America have declined from 50-60% to around 15-25%, without any pharmaceutical therapy whatsoever.

Because Champix was one of a handful of drugs being evaluated by independent researchers before someone called in a drone strike on the Blanshard Building – headquarters of the BC Ministry of Health – its history is worth taking a close look at. Here's a rough timeline:

January 2007: Champix was approved in Canada on the basis of clinical trials showing that, compared to placebo, about 12% more people quit smoking if they took Champix. With those odds, eight people would have to take Champix for one of them to quit smoking after a year. But here's a caveat: in the clinical trials, patients were given educational materials and weekly counselling, the kind of help not typically available in the 'real world' of medical practice. By the end of 2007, Pfizer, the owner of Champix, sold $883 million worth of the drug, making it a near-blockbuster.

2008: The journal *Thorax* published a Pfizer-funded trial comparing Champix to nicotine patches, showing that 12% more patients on Champix quit compared to the patches. Also that year the Federal Aviation Administration in the US banned the use of Champix, citing drug side effects. (Reported in the *New York Times*, May 22, 2008.)

July 1, 2009: The US FDA slaps a black box warning – the most serious safety warning used – on Champix and the other smoking cessation drug Zyban (bupro-

prion), noting these drugs are "associated with reports of changes in behaviour such as hostility, agitation, depressed mood and suicidal thoughts or actions."

March 16, 2010: Three BC women filed a class action lawsuit against Pfizer citing adverse effects suffered due to Champix.

May 9, 2011: A BC government press release entitled, "Premier Christy Clark announces free support to help smokers" is issued, making nicotine replacement therapies free for BC smokers and smoking cessation prescription drugs Champix and Zyban would be covered under PharmaCare.

We need to put on the brakes. We need to stop pretending this drug is perfectly safe and restart the research planned for BC that would evaluate how that drug was working in the real world.

May 19, 2011: *Quarterwatch*, produced by the Institute for Safe Medication Practices, reported, "Evidence continues to accumulate showing that varenicline has an unacceptable safety profile." It also cited that as many as 150 cases of suicide had been linked to the drug but not entered into the FDA Adverse Event Reporting System (AERS).

May 31, 2011 (World No Tobacco Day): French health Minister Xavier Bertrand removed Champix from the list of publicly covered pharmaceuticals in France.

June 16, 2011: The US FDA slaps another black box warning against Chantix – its name in the US – stating it "may be associated with a small increased risk of certain cardiovascular adverse events in patients who have cardiovascular disease." A yearlong study showed that twice as many patients taking Champix had heart attacks compared to similar patients taking placebo. The absolute increase in risk to Champix users was about one percent.

September 2011: BC's new smoking cessation policy comes into effect which may cost taxpayers $15-$25 million, depending on the uptake of the program.

October 2011: The independent drug review group *Prescrire* published a report on Champix saying it "carries a risk of neuro-psychological adverse effects, including depression and suicide," effects which even happened in people who had no psychiatric history. As far as I can tell, the only agency in Canada that tried to convey this to doctors was UBC's Therapeutics Initiative, which published a translation of *Prescrire's* report in early 2012.

May 4, 2012: The *BMJ* published the largest analysis to date of all randomized trials comparing Champix to placebo, focusing on what happened while people took the drug or within 30 days afterwards. It found "no significant increase in cardiovascular serious adverse events associated with varenicline (Champix)."

September 6, 2012: The first four of seven BC Ministry of Health employees involved in drug safety research and data access are fired for vague and inexplicable reasons, including a UVic PhD student studying BC's experience with Champix. He died three months later under unexplained circumstances and his study has never been resumed.

July 2013: The Cochrane Collaboration published an exhaustive meta-analysis of drug treatments used to help quit smoking concluding that "nicotine replacement therapy (NRT), bupropion and varenicline all improve the chances of quitting, with a low risk of harms." It goes on to say that combining forms of NRT is "as effective as varenicline and more effective than single types of NRT."

So what's one to make of all of this? Contradictory studies, reports of adverse events, suicides that had been hidden from the FDA, black box warnings, class action lawsuits as well as patients claiming the drug either hurt them or helped them.

For me, as a researcher, the answer seems obvious. We need to put on the brakes. We need to stop pretending this drug is perfectly safe and restart the research planned for BC that would evaluate how that drug was working in the real world. Incidentally, BC researchers are now included among Canada's experts in "Real World Safety and Effectiveness" evaluations, but since September of last year, that kind of research has been halted. The Ministry has essentially gotten rid of much of its drug evaluation capacity and the Therapeutics Initiative, the one drug safety watchdog barking to alert policymakers and physicians of drug dangers, has been put down.

We have to remember that smoking is not a disease and there are a variety of safe and effective ways to stop people from smoking and that drugs are only one option.

Will people be hurt by Champix? Will they be helped? Again, we can't know for sure. What we do know is that when there is uncertainty over a drug's safety, not funding independent real-world analyses of those drugs is akin to playing games with peoples' lives.

A class-action lawsuit against Pfizer over Champix is set to go ahead. The lawsuit represents Canadians who took the drug between April of 2007 and May of 2010 and suffered certain adverse reactions.

Alan Cassels is a drug policy researcher and is currently working to advise unions on drug safety and effectiveness as part of their private health insurance.

An advanced weight loss solution
Herbal Slim™ GREEN COFFEE BEAN
Natural & Effective
Clinically proven Green Coffee Bean Extract
PURE
New
Herbal Slim
800
Green Coffee bean
45
One day 800mg
What is the Herbal Slim green coffee bean extract?
A green coffee bean is an unroasted, dried, natural coffee bean. Unroasted green coffee bean extract is a new ingredient on the market. It has strong anti-oxidant properties, and has also been found to promote weight loss. This is due to its natural chemical compounds, caffeine and chlorogenic acid. The caffeine helps to release the fat from the body, while the chlorogenic acid assists the body to process more fat.
45 capsules /1 capsule 1 times per day with food.
It works more effectively when combined
• Morning : Green Coffee Bean or Garcinia Cambogia
• Noon : RASPBERRY KETONE
• Evening : African Mango
Canadian ™
Herbs & Nutrition
Herbal Slim™
Natural & Safe Weight Loss www.herbalslim.ca
Available at fine health food stores close to your home.
David Health International™
For contact & product information 1- 647.726.1010

Experience the Power of Soul Healing with
Dr. and Master Zhi Gang Sha
World-Renowned Master Healer, Soul Leader, Divine Channel
with Master Peter Hudoba & Master GK Khoe
Divine Channels & Disciples of Master Sha

Master Khoe

Master Hudoba

Free Soul Healing Evenings
Tuesday • 6 & 13 August 2013 • 7 - 8:30 pm
Burnaby Public Library Bob Prittie Metrotown 6100 Willingdon Ave

Sacred Energy Circles For Healing
Saturday • 24 August 2013 • $50 • 1 - 4 pm
Vancouver Public Library Peter Kaye Room • 350 West Georgia St

Daoist Immortality Teachings
Sunday • 25 August 2013 • $50 • 1 - 4 pm
Hilton Vancouver Metrotown • 6083 McKay Avenue Burnaby

604-336-4833 • www.LovePeaceHarmonyBC.com
888-339-6815 • Facebook.com/DrAndMasterSha • DivineHealingHands.com

Holistic Doula Certificate

Now you can proudly say your career plans are in infancy.

Holistic Doula Certificate Program:
- 270-hour, on-site program
- North America's most comprehensive doula training
- Integrating medical practices from various cultures

PACIFIC RIM COLLEGE

Accepting Applications for September 2013 • www.pacificrimcollege.ca
229-560 Johnson Street, Victoria, BC • e: info@pacificrimcollege.ca

Preserving the harvest

A "zero-mile diet" involves meal planning around crops in season as well as preserving the harvest for year-round eating. Preserving food from the garden ranges from basic cool storage for winter squash and root crops (i.e. onions and potatoes) to freezing, canning, dehydrating and fermenting. It may sound time consuming, but if eating the most nutritious, organic food is important to you, it's easier to make time in the 'down' season to ensure it's available.

In traditional cultures, many foods were preserved by fermentation: grains as miso, beans as tempeh, dairy products as yogurt, beverages as kombucha, vegetables as sauerkraut and kim chi; and fruit as wine. People ingested a steady supply of beneficial bacteria, which kept intestinal tracts healthy and immune systems strong. Today, scientists are recognizing that intestinal flora impact an array of human health issues and there is speculation that many modern diseases are, in part, caused by abandoning this ancient practice of fermentation. In North America, we do not consume enough fermented foods and this needs to change. Once again, it's all about the microbes.

I recommend canning as a communal activity – inviting friends over for a party and sharing the results. Last winter, I attended a preserves potluck where we exchanged preserves to mix it up a bit; after all, how many jars of pickled beans can you eat?

Food rotation is important because the maximum storage time for quality frozen fruit is 12 months and frozen vegetables, eight months. The maximum amount that should be frozen at once is three pounds of food for each cubic foot of freezer space; freezing small loads of food fast keeps the ice crystals small. Tip: Freeze berries and cherries on a baking tray in a single layer first and then freeze them in dated zip-lock bags.

For canning, you need a canner with a lid and metal loading rack, glass mason jars with snap lids and metal rings, a funnel, ladle, tongs and oven mitts. These things are inexpensive and readily available in any hardware store. While there, pick up a book on home canning, which will answer all your safety questions. A boiling water canner processes high acid foods to 212°F (100°C), which destroys moulds and yeasts without compromising the quality of the produce. If correctly processed, deadly botulism spores cannot grow in airtight jars where lids have sealed properly. Food processed this way keeps well for 12 months.

Effective food dehydration requires a good dehydrator with at least 1,000 watts of power. Dehydration removes the water content of food by 80 to 90 percent, which inactivates the growth of bacteria, moulds, yeast and other spoilage organisms. In general, dried fruits will feel leathery and pliable; dried vegetables will be brittle and tough. Apples, plums, strawberries and blueberries: 10 hours drying time. Carrots, onions, tomatoes and mushrooms: six hours drying time. Herbs, such as dill, mint and oregano, only take around 45 minutes to dry at temperatures not exceeding 100F.

Carolyn Herriot is author of **The Zero-Mile Diet** and **The Zero-Mile Diet Cookbook** (Harbour Publishing). She grows 'Seeds of Victoria' at The Garden Path Centre, www.seedsofvictoria.com

Fruit compote

Place dried fruit in a heatproof dish. Just cover with boiling water. Leave dish to stand uncovered overnight. Keep refrigerated. Add lemon slices, vanilla pods or cinnamon sticks to make a really flavourful syrup.

by Nathalie Chambers and Robin Alys Roberts

Farmland protect it or lose it

Located 10 minutes from downtown Victoria, Madrona Farm provides food to over 3,500 homes in the Greater Victoria area. photo: Ian Baird / ianbairdphotography.com

Picture Earth as four slices of an apple. Can we share it thoughtfully? After three slices for oceans, lakes and rivers, we're left with one slice for land. But most of that slice is too hot, dry, cold or rocky to support us or too covered with inadequate soil or smothered with cities and highways. That leaves us only 1/32 of a slice, which we must pare down to its thin peel in order to find the class one and two topsoils optimal for growing food.

> Every year, for the past 25 years, the US has lost almost a million acres of farmland.

In the last 10 years, speculators have bought up enough farmland internationally – either for real estate gambles or to grow biofuels – to cover the UK eight times over. And every year for the past 25 years, the US has lost almost a million acres of farmland. Last year, Canada failed its UN-issued food security test: 2.5 million Canadians in 800,000 households are food insecure. Our Earth has to feed 7.1 billion people yet one out of every seven goes hungry.

It's clear we need more food, but over the last 20 years, the number of Canadian farmers under the age of 35 has plummeted from 77,000 to barely over 24,000. Farming parents are advising their children to avoid the stress and debt. The single biggest factor blocking food security – the price of our remaining 0.5% of arable land – will continue as long as the price of farmland equals residential real estate.

By not putting food first, our food system is teetering on the edge of corporate ownership by a few elite, with Monsanto at the top, fuelled by international investors. As we face the removal and loss of biodiversity, pollinator decline, salinization, desertification, acidification and soil degradation, traditional sustainable agriculture practices are on the brink of collapse.

What can we do? Protect farmland – forever. Victoria's Protect Madrona Farm Forever campaign rallied 3,500 people who donated $2.7 million to protect its 24 acres of rich farmland in perpetuity, offering long-term, sustainable leases to future farmers. This model, including their successful Chef Survival Challenge fundraiser (www.chefsurvivalchallenge.com) is spreading across Canada to protect farmland, starting in BC's Lower Mainland in September of 2014. Yes, we can!

Nathalie Chambers is a restoration ecologist/farmland conservationist. **Robin Alys Roberts** is a writer, editor and ESL tutor. Visit www.madronafarm.com See Chef Survivor Challenge display ad.

Dr. Rogers Prize Gala Award Dinner

Thursday, September 26, 2013 at the Fairmont Waterfront Hotel

REGISTER NOW!

Gala Award Dinner

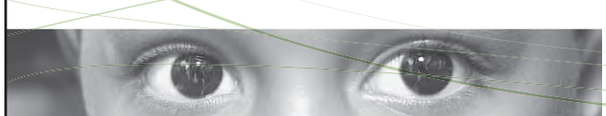
Join us as we announce the 2013 winner of the $250,000 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine. This year's keynote presentation will be by **Dr. Irving Kirsch,** author of *The Emperor's New Drugs: Exploding the Antidepressant Myth*.

Early bird ticket sales end on August 31

Individual tickets: $125 • *Table of ten:* $1,250

Free Afternoon Colloquium: Exploring the Mind-Body Continuum

The afternoon colloquium, featuring a cameo appearance by Dr. Irving Kirsch, will examine a range of viewpoints on the mind-body continuum, including recent research by eminent panellists such as **Dr. Jeffery Dusek,** co-author of the Templeton Foundation prayer study.



Dr. Rogers Prize™

for excellence in

COMPLEMENTARY & ALTERNATIVE MEDICINE

GALA TICKETS & COLLOQUIUM REGISTRATION:

www.drrogersprize.org

The CSETI experience
...contacting Extra-Terrestrials
Touring BC & AB
May-Sept 2013
Evening Events are Free of Charge
Would you like to organize an ET contact presentation and skywatch for your community?
Then contact Deb Warren
(250) 503-1313 • debwarren@gmail.com
www.ocseti.org

Coastal Academy
of Hypnotic Arts & Science
Professional Hypnosis Training for New Careers, Personal Growth, or to augment Existing Skills
toll free 1.866.532.9126

Leslie McIntosh
• Part time classes begin Sept 21/22 (spaces fill up quiclky) • Full-time Intensive Sept 16 - Oct 11 & Oct 28 - Nov 22 • Peaceful Pregnancy Practitioners Training for Hypnotherapists Sept 12
Open house/Information evening Aug 6
Please call to register or get more information
REGISTER NOW TO HOLD YOUR SPOT
604.427.1914 info@coastalacademy.ca
www.coastalacademy.ca

An Oasis for your Spiritual Journey

Upcoming Retreat Nov 1-3
"Living Inquiry" with **Scott Kiloby**, author & teacher
Demystifying the message of enlightenment
First time in B.C. www.kiloby.com
Retreats Workshops Rentals
www.swanwickcentre.ca swanwick@shaw.ca 250.744.3354

Mac McLaughlin

ZODIAC

StarWise

August 2013

TICK TOCK, tick tock. Time marches on and "time and tide wait for no man." We might want to stop for a moment and consider where we're at, personally, spiritually and collectively. The stars are positioned in such a way that we have an opportunity to weigh-up what is real and what is false, what is valuable and what is unworthy. We are at a crossroad and it is imperative we choose the right pathway for the future. According to the true mystics, we have been around for a very long time and cultures and societies have come and gone long beyond the memory of man. All along the way we have accumulated karma – storehouses full of the stuff. It's all tucked away in the cosmic computer called the akashic records, in which all thoughts and actions are recorded.

Now, Jupiter, Uranus and Pluto are the notable planets worthy of discussion in the sense that they have formed a Cardinal T-Square that will be in effect for the next 10 months. Mars joins in with them beginning this December, bringing up some very dynamic energy that will manifest in the winter to spring of 2014. In essence, we have opportunities to alleviate some very old, stale karma that trails us like our shadow. When Jupiter makes a hard aspect to Uranus, it brings up revolutions and all kinds of social upheaval. Throw Pluto into the mix and you have a very volatile cocktail that can be used beneficially or destructively. It's up to us how we will act or react to the energies coming on board.

Canada is in the midst of a huge transformation. We are experiencing a Pluto transit and it is bringing many secret and hidden factors into the light. Politicians are falling left and right and many more are destined to follow. Changes are in the wind and we have a chance to get it right or make much more karma that must be paid for in the future. Jupiter represents ideologies and all forms of religious beliefs. Uranus constantly seeks to overcome the restrictive and repressive ways of the past. As the great spiritual master Param Sant Kirpal Singh Ji Maharaj once said, "You cannot wash away blood with blood, but only with the waters of forgiveness." You might want to ask yourself if you are happy and content with your lot. If not, why not? We wrote the script long ago and our present day status is designed to evolve us into beings of light, beyond the cloak of our human existence.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

Sufi Meditation Center
A Path To Divine Healing
Classes & Programs
Sufi Healing Meditation
Building Spiritual Energy
Sacred Sufi Chanting Meditation
Sufi Whirling & Chanting
Sufi Sound Therapy & Realities
All Sessions Free Walk Ins Welcome Classes include Sacred Chanting, Energy Work, Sufi Teachings and Ancient Realities.
Spiritual Cafe filled with love and Healing
604-558-4455 SufiMeditationCenter.com
Come In and Enjoy Our Healing Teas at our Rumi Rose Cafe
3660 E Hastings / Boundary 9am - 8pm Daily

ARIES Mar 21 - Apr 19
August starts off with a bang as your ruling planet Mars squares off with volatile Uranus. Accidents and incidents manifest rapidly under this combination. "Measure twice, cut once" is the mantra of the times. High adventure and high times are indicated as well. Enjoy the days, but don't lose your head along the way.

TAURUS Apr 20 - May 21
Home, health and family considerations come up now. Family reunions take place and all kinds of internal politics get settled, or not. The art of the compromise would serve you well as maintaining a rigid position can only cause more resentment and resistance. Will any of it matter 10 years from now? Forgive and forget.

GEMINI May 22 - Jun 20
It's your time to fly. Mercury is on the move and so shall you be. Your solar money house is strongly activated. You can increase and expand. Social functions take place and you will be in your element as you work the crowd winking, nodding and sharing all kinds of tidbits of news and information.

CANCER Jun 21 - Jul 22
The two fiery brothers, Mars and Jupiter, continue their visit in your sign. It's your time to shine. Jupiter brings good luck and good fortune and he does well in Cancer. Mars can be problematic, though, as he stirs up some heated emotions that can lead to accidents and incidents if you are not careful. Play safe.

LEO Jul 23 - Aug 22
The Leo new moon on August 6 signals a new start. Making changes is not an easy thing for Leo, but you might very well be in the mood to make some important changes and the stars are backing it up. The full moon on August 20 will help clarify what it's all about.

VIRGO Aug 23 - Sep 22
Venus spends the first half of August in your sign. Venus is associated with love, beauty and harmony. It's time for that makeover, new duds or whatever. The Sun enters Virgo on August 22 bringing you into your solar high of the year. A busy time is indicated. Make the best use of it.

LIBRA Sep 23 - Oct 22
Venus spends the last half of August in your sign bringing good times with family and friends. Career opportunities are strong and you may be restless and seeking change. Changes may come anyway regardless of how we feel about them. Big energies are unfolding and the cardinal signs Aries, Cancer, Libra and Capricorn are most affected.

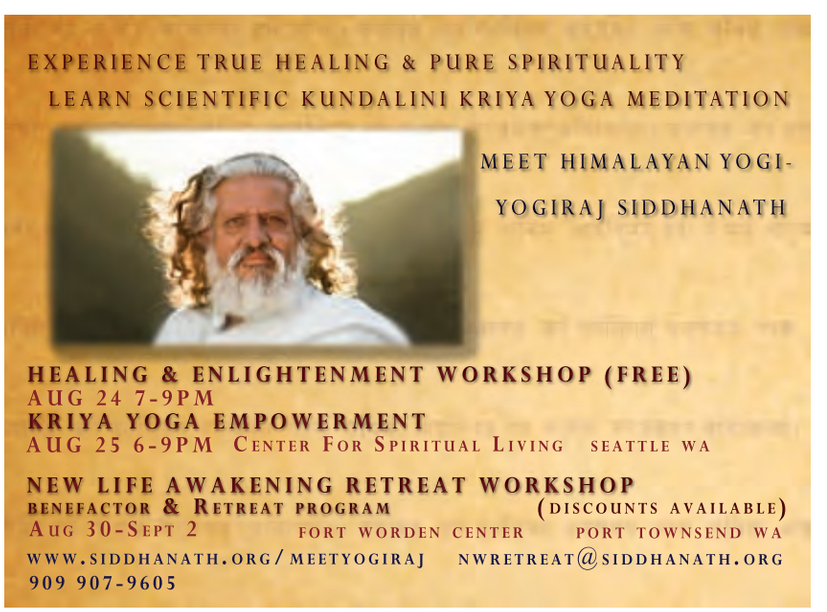
SCORPIO Oct 23 - Nov 21
The new moon on August 6 lights up your solar tenth house related to career activities and professional status. Mars and Jupiter cast positive energy as a counter balance to the restrictions and limitations that have shown up with Saturn moving through Scorpio. Hard work, dedication and devotion get you through. A dawning spirituality awakens thee.

SAGITTARIUS Nov 22 - Dec 21
Most Sagittarians I have met would travel anywhere in a heartbeat. The love of discovery, high adventure and unique cultures attract them like bees to honey. A time has now arrived with more opportunities to set sail. Matters connected to wills and shared monies may become of interest now.

CAPRICORN Dec 22 - Jan 19
You have entered this time in which constant change, challenge and unrest take place. It may not be a negative thing, but the stars are indicating quite the dynamic ride over the next couple of years. The next 10 months will reveal what it's all about. A great transition or rebirth takes place.

AQUARIUS Jan 20 - Feb 19
The new moon on August 6 takes place in your opposite sign Leo. It signals a time to rest and recoup. Relationship considerations come up now. People that support you or oppose you show up. The full moon on August 20 in your sign signals a lively time and heightened emotions. Awareness keeps you up late.

PISCES Feb 20 - Mar 20
The moon will be very bright as she passes through Pisces August 21 and 22. A busy time is indicated and you may be in the mood to brighten up your home or purchase something of beauty. Mars and Jupiter cast good energy all month bringing energy and enthusiasm your way. Enjoy the days.


EXPERIENCE TRUE HEALING & PURE SPIRITUALITY
LEARN SCIENTIFIC KUNDALINI KRIYA YOGA MEDITATION
MEET HIMALAYAN YOGI-
YOGIRAJ SIDDHANATH
HEALING & ENLIGHTENMENT WORKSHOP (FREE)
AUG 24 7-9PM
KRIYA YOGA EMPOWERMENT
AUG 25 6-9PM CENTER FOR SPIRITUAL LIVING SEATTLE WA
NEW LIFE AWAKENING RETREAT WORKSHOP
BENEFACTOR & RETREAT PROGRAM (DISCOUNTS AVAILABLE)
AUG 30-SEPT 2 FORT WORDEN CENTER PORT TOWNSEND WA
WWW.SIDDHANATH.ORG/MEETYOGIRAJ NWRETREAT@SIDDHANATH.ORG
909 907-9605

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

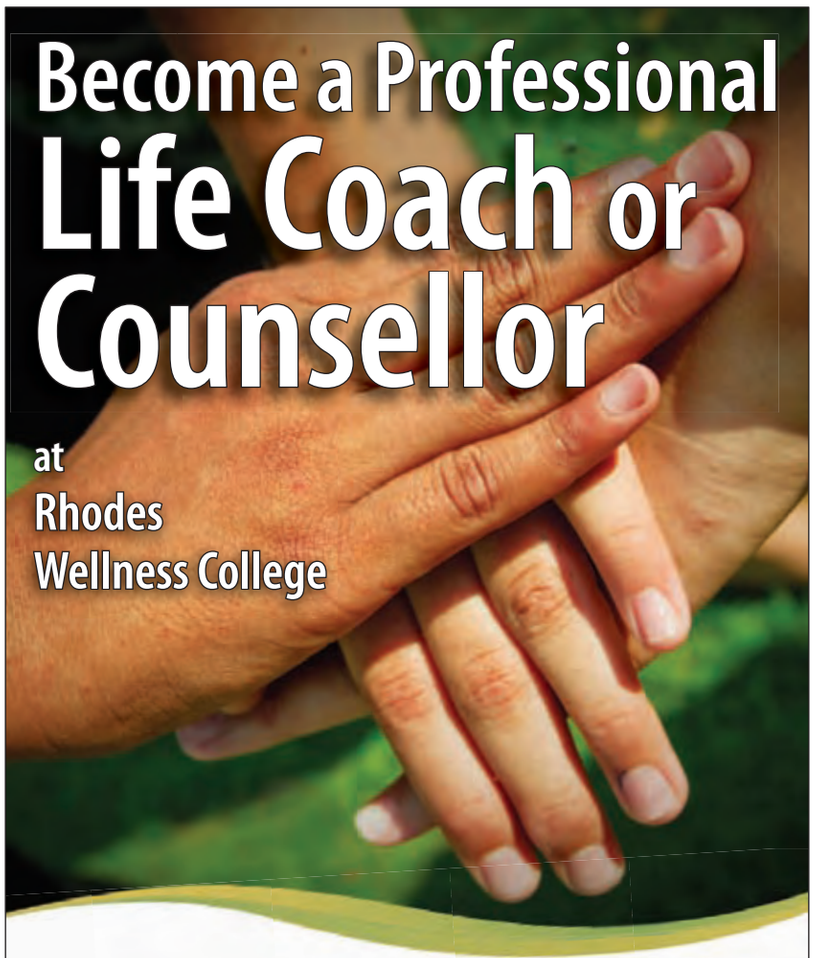
ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.



Earn your Professional Counsellor Designation in as little as 18 months (free 2-year post-graduation supervision included).

Full time, part time and on line courses.

PCTIA ACCREDITED

• One Free Life Coaching session for eligible applicants (contact admissions@rhodescollege.ca for details).

Next Step Counselling Conference
August 24th & 25th

• Face Talk ~ seeing past the surface
• Exploring Vulnerability and Shame
• Multi-cultural Romance ~ therapeutic interventions
• Marketing ~ the inner work

Continuing Education Credits
Open to Counsellors, Life Coaches and anyone interested in personal development.

RHODES WELLNESS COLLEGE

Call 604-708-4416 or email admin@rhodescollege.ca for a registration package. Early bird rates apply!

Be happy now

Happiness is not about having everything be wonderful. It is about being one with the life we all share.

It is not how much we have, but how much we enjoy, that makes happiness.
– Charles Spurgeon

My loose translation of the Garden of Eden story is that Adam and Eve were perfectly happy and all life was a paradise until they wanted more. It seems it is still true even in our modern world.

Think of very young children. They are so curious about the world and delight in simply exploring their surroundings. They are happy and content until they see something they are not allowed to have. Suddenly, they forget the fascinating world around them and focus only on what they cannot attain. They become cranky, miserable and inconsolable until someone shifts their attention away from the prohibited object.

In a reverse irony, we live in a culture that dangles in front of us much that is unattainable, thus distracting us from the perfection in our earthly experience. Of course, this is so much about ego. Ego cannot see it any other way. I am reminded of the Magic Eye pictures that merely look like random shapes and colours. Only when you stop trying to make any sense of it and just relax your eyes do images suddenly emerge out of the depths of the randomness.

For many, life is like that. There is so much busyness, 'doing-ness," worrying, striving and thinking that the real depth of life goes unseen. It is there, but only emerges in the quietness, the stillness, that place where we can feel our own soul. Sadly, for many it is only discovered in retrospect, perhaps when facing the end of life.

When faced with the end of life, suddenly all those things that were so important to ego, all those things it strived for, stressed about and focused on simply do not matter. They are all part of ego's desires that are never really fulfilled because of the risk of losing what was attained or because there is now a new and improved 'something' it must have.

Everything falls away and often what one remembers are those soul moments of deep connected love for another or for the beauty of nature. But some do not experience that insight at all. I had a grandmother who always reiterated what a hard life she had. The hard parts ended before she was 40, but that is what she carried as the truth of her life for the next 44 years.

That is why it is so important to practice mindfulness and to quiet the mind; so much of the mind chatter is ego programs. It is a little like trying to listen to a beautiful symphony when someone behind you keeps talking. Our Earth experience can be a symphony, but ego takes away the joy.

Can we be happy even when life is hard? Hard times are a part of every life. If we see them as not belonging there, we will suffer. If we see them as part of a divine unfolding and an opportunity to learn, understand and gain wisdom, then yes we can. Some of the most riveting movies that have the greatest impact are those where there is tremendous struggle. They can be hard to watch but we are mesmerized for we are seeing the great depth of the human experience.

Happiness is not about having everything be wonderful. It is about being one with the life we all share, wherever that path takes us.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new Creating Healthy Relationships series, visit www.gwen.ca

心種福田
Chinese Calligraphy & Painting
Fundraising Exhibition
寶林法師重建書畫展
寶林學佛會重建籌款書畫展
日　　期：二〇一三年九月六～八日
9/6 五 下午3時開幕～晚上7時
9/7 六 上午9時～晚上7時
9/8 日 上午9時～下午4時結幕
展覽地點：溫哥華植物公園展覽廳
The Great Hall, VanDusen Botanical Garden,
5251 Oak Street, Vancouver, BC V6M 4H1
Meritorious Giving
Ven. Yin Yeung's Chinese Calligraphy and Painting Exhibition
Fundraising For Redevelopment of Po Lam Meditation Vihara
September 6 - 8, 2013
Time : 9/6 Fri. Opening Ceremony 3 pm – 7 pm
9/7 Sat. 9 am – 7 pm
9/8 Sun. 9 am – 4 pm Closing
The Great Hall, VanDusen Botanical Garden
5251 Oak Street, Vancouver
Enquiry 查詢：604-290-3998 | www.polam.ca | plba@shaw.ca
寶林 Po Lam | 學佛會 Buddhist Association 主辦
Po Lam Buddhist Association
Presents
Fundraising Chinese Calligraphy And
Painting Exhibition
By
Venerable Yin Yeung
Po Lam Buddhist Association was
established in 1994. Our mission is to bring
true happiness, stability and harmony to the society
and hence true peace to the world through:
Practicing the Buddha's teachings; cultivating
self awareness and equanimity through Meditation;
serving the community with empathy and compassion;
enriching ones' life through Life Education.
It has been our teacher
Venerable Sing Yat's lifelong wish
to redevelop Po Lam Meditation Vihara
to benefit more people and to meet the
increasing demand for our services.
To achieve this goal, Po Lam will be holding a
Chinese Calligraphy and Painting Exhibition to
raise funds from September 6 to September 8, 2013
at
The Great Hall, VanDusen Botanical Garden.
Please come and give us your generous support.

Natural flood prevention

The severe floods in Alberta used to be referred to as "once in a generation" or "once in a century." As recent floods in Europe and India are added to the list, that's scaled up to "once in a decade." Scientists and insurance executives alike predict extreme weather events will increase in intensity and frequency. Climate change is already having a dramatic impact on our planet. Communities around the world, like those in Alberta, are rallying to prepare.

While calls are mounting for the need to rebuild and strengthen infrastructure such as dikes, storm-water management systems and stream-channel diversion projects, we've overlooked one of our best climate change-fighting tools: nature. By protecting nature, we protect ourselves, our communities and our families.

Wetlands, forests, flood plains and other natural systems absorb and store water and reduce the risk of floods and storms, usually more efficiently and cost-effectively than built infrastructure.

Wetlands help control floods by storing large amounts of water during heavy rains – something paved city surfaces just don't do.

Research done for the City of Calgary more than 30 years ago made similar suggestions about the value of protecting flood plains from overdevelopment. When wetlands are destroyed, the probability of a heavy rainfall causing flooding increases significantly. Yet we're losing wetlands around the world at a rate estimated at between one and three percent a year.

By failing to work with nature in building our cities, we've disrupted hydrological cycles and the valuable services they provide. The readily available benefits of intact ecosystems must be replaced by man-made infrastructure that can fail and is costly to build, maintain and replace.

Protecting and restoring rich forests, flood plains and wetlands near our urban areas is critical to reduce carbon emissions and protect against the effects of climate change. Nature effectively sequesters and stores carbon, helping to reduce greenhouse gas emissions. It also regulates water. Forested basins, for example, have greater capacity to absorb water than clear-cut areas where higher peak stream flows, flooding, erosion and landslides are common.

How can we protect ecosystems rather than seeing conservation as an impediment to economic growth? The answer is to recognize their real value. The David Suzuki Foundation has evaluated some of Canada's natural assets. This approach calculates the economic contribution of natural services, such as flood protection and climate regulation, and adds that to our balance sheets. Because traditional economic calculations ignore these benefits and services, decisions often lead to the destruction of the very ecosystems upon which we rely. Unfortunately, we often appreciate the value of an ecosystem only when it's not there to do its job.

Cities around North America are discovering that maintaining ecosystems can save money, protect the environment and create healthier communities. A study of the Bowker Creek watershed on southern Vancouver Island showed that, by incorporating rain gardens, green roofs and other green infrastructure, peak flows projected for 2080 from increased precipitation due to climate change could be reduced by 95 percent.

As Alberta rebuilds and people begin to heal from the flood's devastation, it's time to have a discussion about adding natural capital to the equation.

Written with contributions from David Suzuki Foundation Communications Specialist Theresa Beer. Learn more at www.davidsuzuki.org

common ground resource directory the best place to be

Every month, 1/4 million Common Ground readers seek out our resource directory to find services and businesses in alignment with their values We offer frequency bonuses three sizes of listings and a wide range of categories

To book your listing email Sonya sonya@commonground.ca

Advertising deadline the 15th of the month prior

Books • Art • Music • Culture	25	Intuitive Arts	28
Business Services & Opportunities	25	Nutrition	28
Dentistry	26	Psychology, Therapy & Counselling	29
Education & Certification	26	Restaurants / Vegetarian	29
Health & Healing	26	Spiritual Practices	30

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES & OPPORTUNITIES

AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• Keeping your old car a few more years could save you thousands of dollars

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• Check out our website for 43 free downloadable fuel saving tips.

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com

ALKA MIST
DON'T LET YOUR BODY BE THE FILTER!

The AlkaMist is a no electricity, all natural filtration, Alkaline mineral water system, helping transform your regular tap water back into its original clean state. It balances the PH from Acidic to a healthy Alkaline, while helping eliminate the many chemicals and additives present in your tap water. The AlkaMist also comes with the most affordable price tag in its category, giving normal consumers a real economical choice when it comes to an Alkaline water system!

We'd love everyone to have the blessing of pure natural Alkaline water at home! So we are interested to partner with new sales agents and established companies with synergies to help distribute our product.
Special 50% Rebate Offer:
Use Coupon Code "CGM2013"

www.alka-mist.com
604.986.3557

ROAD USER.NET

A FORUM for all drivers, motorcycle riders, cyclists, street skaters, street board riders and pedestrians.

Join the discussions and share your experience as a road user.

CARS BY HANK
www.carsbyhank.com

Need help buying your next car?
I sell the finest used cars in B.C. Some of my customers have been with me for 40 years. Talk to me about the car you want. I refuse to sell any car that is mechanically unsound.
PS Auto Sales (D10566).
Phone Hank Melanson, 604-739-8494

DENTISTRY

Dr. Talebain & family

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

I am not afraid of storms, for I am learning how to sail my ship.
– Louisa May Alcott

EDUCATION AND CERTIFICATION

NEW CLASSES STARTING NOW
Acting Classes – 8 week session
- beginners
- intermediate
- advanced
- private coaching available

Communication Skills Training
Weekend Seminars

ACT NOW
BRUHANSKI ACTING STUDIO, founded in 1980, is a safe, dynamic creative space for actors to learn the foundational skills to perform with honesty and artistry; and for the non-actor, an opportunity to develop greater empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, director, and master teacher, Alex has taught in Vancouver, L.A. and Montreal; was an artist in residence at the Gestalt Institute of Canada; led workshops in prisons and in the mental health community; and volunteered in palliative care programs.
www.bruhanski.com 604-879-2080

Maui School of Therapeutic Massage

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $5,500US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

---

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction - Informational evening talks: **$10.** *See Datebook.*

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. **$395.**

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your effectiveness to a professional level. **$395.** Courses offered year round. *See Datebook.*

Courses accredited CMTBC, RABC, and RAC.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Hale Ola
A Place of Healing
604-431-7474
www.lomi4life.com

HEALING CLINIC / CRYSTAL & BOOK STORE
Certified Kumu Lomilomi from Big Island
1215 Madison Ave
Burnaby, BC

Authentic Hawaiian Lomilomi Massage
The timeless wisdom and grace of Lomilomi massage communicates deep within the core of the self. **Level 1:** 225 hours certification is 6 Modules. **Module 1** starts August 23-25 (Fri. Sat. & Sun.) 10am-5:30pm. $450.
INFO: call, or visit **www.lomi4life.com.**
Massage clinic available by appointment.

Edison Institute of Nutrition
1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations.
Call for our course catalogue.

HEALTH & HEALING

PACIFIC Institute of REFLEXOLOGY

Reflexology: The Core of Natural Healing
Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.
One-hour private sessions: $65, or 5/$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only $20.**
Books, charts and self-help tools available.
Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
30 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Tian Chi Traditional Chinese Medical Centre

Thomas Cheng
Registered Acupuncturist & Herbalist
2225 Kingsway, Vancouver
778-862-4366 / 604-568-8079
tianchichinesemedicine@shaw.ca

Thomas Cheng has over 27 years of clinical experiences in both China and Canada including 14 years of service in the Chinese Army as a military doctor.
We provide these services:
Diagnosis, Natural Herbal Medicine, Acupuncture, Acupressure & Massage, Reflexology, TCM Cosmetology

We mainly provide treatments for:
neck & back pain, headache, insomnia, depression, diabetes, frequency of urination, kidney problems, skin allergies, gout & arthritis, hemorrhoids, high blood pressure, stroke, coronary heart disease, and tumors.

Our Specialty:
Prostate problems including prostatitis, prostatauxe, prostate tumour and prostate cancer, etc.

We accept:
MSP, ICBC, WCB & Extend Care

Wellspring Vision Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

* **Retinitis Pigmentosa**
* **Macular degeneration**
* **Glaucoma**
* **Eye Bleeding**
* **Red eyes, Dry eyes**
* **Eye fatigue**
* **Far sightedness**
* **Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light, heart centered energetic touch and soft, gentle dialogue with the body, a journey of the Soul begins to the root cause of the issue. Tissues and organs surrender, layers of emotion and memories melt away, taking us to the pure essence of being. Valerie invites you to join her in co-creating your healing journey of self-discovery, possibility, freedom and vibrant health!

Over 20 years experience in holistic healing and eclectic bodywork.
By appointment.
Please call 604-739-9916
Long-distance sessions available

Omega Nutrition makes great gluten-free powders of superior nutritional value, and with many applications for athletes, bakers and individuals with celiac disease. They are all certified organic, kosher, and have high taste appeal for easy-to-make daily recipes.
www.omeganutrition.com

TRUTH radio
www.blunt.fm

Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/soul, reduces human suffering, and brings world peace.
www.blunt.fm www.onlygodheals.com

Freedom is not something that anybody can be given. Freedom is something people take, and people are as free as they want to be.
– James Baldwin

Healing the entire person
– body, mind, emotion
Intuitive Healing or Counselling can assist in recovery from a wide range of conditions; cancers, chronic pain, diabetes, anxiety, depression and more.
Healing, naturally. 604.220.6597
Facebook at pacific coast intuition

Jin Shin Do
BodyMind Acupressure with Alicia
Blending Ancient Knowledge with Modern for Profound Results
$25.00 OFF Your First Session

Release Stress, Enhance Intuition & Blossom Into Your Full Potential! Jin Shin Do releases mental & physical tension, inducing a state of peace and relaxation. It helps transform painful feelings – leading to a joyful life and the realization of one's full potential.
aliciakent@shaw.ca / www.akashabloom.com
778.786.2517 250.703.1670

Sara Namazi DHMHS, RO
Homeopath
201 – 2786 W16th Ave, Vancouver
www.homeopathicmedicine1111.com
homeopathicmedicine1111@gmail.com
604-360-1215

Heal your life with homeopathy
Homeopathy is a system of medicine that helps the body to heal itself from Chronic and acute conditions. I specialize in anxiety, depression, mental and physical chronic fatigue, hormonal balancing and more.
Fees are based on sliding scale.

In the long run, people have more to fear from governments than from terrorists. Terrorists come and go, but power-hungry politicians will always be with us.
– James Bovard

Certified Integrative
Energy Healing & Reflexology
Deep relaxation to support healing
reduce stress • lower pain • increase energy

HEALING PRACTITIONERS

Karin Smith – *Anam Cara Healing*
778.549.7769 karin.anamcara@gmail.com

Ian Spence – *Livingstone Relaxation*
604.753.7845 ianaspence@shaw.ca

Serving Surrey, White Rock, Delta, Langley (in studio, or home visits by appointment)

HEALTH & HEALING

Healing with
Prana
Pauline Sainsbury
604-724-2114

- **Emotional** healing, Stress, Irritability, Anxiety, Grief
- **Psychological** healing, Phobia, Traumas, Obsessions & Compulsions
- **Healing** Physical & Emotional Depression
- **Distant** healing available
- **Pranic** healing classes

www.healingwithprana.com

THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.

INTUITIVE ARTS

Geri De Stefano-Webre
Ph.D.
604-649-5590
PsiTherapy@gmail.com

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world.
Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337

Granville Island Psychic Studio
Phone Readings
Vancouver Canada & USA
1-888-734-3354
www.psychicstudio.ca

HOME TO VANCOUVER'S BEST PSYCHICS, since 1996. Walk-ins welcome 7/7 11 to 5. Empower your life: Tarot, Palms, Reiki, Healings, Mediumship, etc. Across from The Keg, Marina Side.
1526 Duranleau St. **Ph: 604-734-3354.**
Info/map: www.PsychicStudio.ca

IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present…ACT!

Lily Chandra
Medical Intuitive
Pet Psychic
Distance Healer
Cosmetic Energy Healing
604.518.8668

Health issues are a result of unprocessed emotions that leave imprints on the spirit. I heal the trauma and cleanse the memory from the DNA which creates a ripple in the energy body and transforms all aspects of your life.
www.intuitiveenergyhealer.ca
lily@intuitiveenergyhealer.ca

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing
ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

Smooth seas do not make skilful sailors
– African Proverb

A great idea is usually original to more than one discoverer. Great ideas come when the world needs them. They surround the world's ignorance and press for admission.
– Reinhold Niebuhr

NUTRITION

Great gifts for veggie eaters, raw food enthusiasts, families that include vegetarians, vegans, and healthy eaters: these best-selling books. See Becoming Vegan: Express Edition –hot off the press. Available online, through all bookstores, and Banyan. Or give an in depth consultation with dietitian and author Vesanto Melina.

Consultation. Address weight, pregnancy, childhood, health through senior years. A personalized 2-1/4 hour consultation ($282 with tax) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical food tips.
604-882-6782 www.nutrispeak.com
vesanto.melina@gmail.com

Nutrition Consultations & Meal Plans for:
- Skin Enhancement
- Athletic Performance
- Weight Loss
- Depression & SAD
- Digestive Issues

Learn how food can impact your everyday experience. **Visit www.puravidanutrition.ca or call 778.998.8831 to learn more!**

Any authentic work of art must start an argument between the artist and his audience.
– Rebecca West

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.johnarnoldphd--reichianandyogictherapist.com/**

FREE YOURSELF
Jaminie Hilton
RCC
Masters in Counselling, Chemical Dependency Certificate

Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss
- Relationship (from romantic to roommates)

I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call:
604-802-4126, VANCOUVER
www.jaminiehilton-counselling.ca

ARE YOU READY FOR A CHANGE?
Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342
transformance@mac.com

Nicklas Ehrlich MSW RCC
33 yrs experience
Neurofeedback
proven more effective than counseling or hypnotherapy
604-770-3038

NeurOptimal® Neurofeedback – the most effective & safest form of neurofeedback. Achieve balance, success & happiness in your life. Helps depression, anxiety, sleep, weight, career, relationships, sports, school, addictions & more. Read articles at **www.VitalSynergy.ca FREE initial tel. consultation or discounted session.** Extended medical & business coverage.

Life Between Lives™

Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca

CORE BELIEF ENGINEERING
Founder, Elly Roselle
PCTIA Registered
604-536-7402
www.corebelief.ca

If you are looking for deep and lasting life change, CBE may be the modality for you. Since 1985, Elly Roselle has applied this powerful process with high levels of success.

Private work and classes.
Call for free assessment interview.

HYPNOTHERAPY
Jackie Maclean
Clinical Hypnotherapist
The Power Within
604-551-4986
www.thepowerwithin.ca

FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions**: tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS…GAIN CONFIDENCE.**
2 locations: Vancouver & Langley.

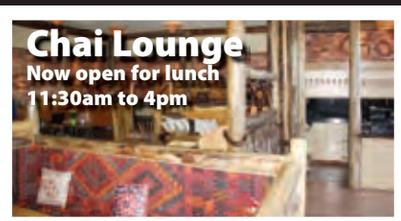
To die for an idea; it is unquestionably noble.
But how much nobler it would be if men died for ideas that were true.
– H.L. Mencken

COUNSEL ME VANCOUVER
Erica Collyer M.Ed., RCC
www.counselmevancouver.com

Overcome personal struggles and enrich your life with therapy. Get professional counselling for: Stress/Anxiety, Sadness/Depression, Relationships, Self-Esteem, Substance Abuse and Eating Concerns.
Contact a Registered Clinical Counsellor at **604-218-1393 or erica@counselmevancouver.com.**

RESTAURANTS

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver **604.872.8779 www.nirvanarestaurant.ca**



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401. **www.eastiseast.ca**

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST
WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4433 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4433 Main Street @ 28th 879-2020

Freedom is the right to tell people what they do not want to hear.
– George Orwell

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菜香素食
3932 Fraser & 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.

THE NAAM RESTAURANT
"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

SPIRITUAL PRACTICES

Sant Baljit Singh
Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net

Simple changes can bring more meaning to your life. Create happiness and well-being. Ongoing free programs on the practice of meditation on inner Light and Sound. Wednesdays 7pm, Sundays 1pm.
Centre for Peace
1825 West 16th Avenue, Room 201
Vancouver (near Burrard)

Forgiveness is the fragrance the violet sheds on the heel that has crushed it.
– Mark Twain

Eco Mama's Global Community Gardens

A vision for eco-communities

Access to clean water in Africa is limited. About 60% of people have access to clean water, but many cannot afford it and are forced to collect water from contaminated sources. In addition, corn, the staple food for most of Eastern Africa, is now primarily grown from Monsanto's GMO seed, the result of very effective propaganda. Mono-cropped, highly sprayed fields result in sick workers, lengthy droughts and deadly floods.

International trade and globalization has made direct trade with Africa's crop producing countries easy, though not fair. People are struggling to meet international demands while education, health and women's rights continue to plummet as a result.

The only way this will change is if we change it and the way to make change is through bold, empowered action. It starts with us.

Nothing speaks louder than a grassroots organization dedicated to promoting sustainability, integrity and love. These are the qualities embodied by Eco Mama's Global Community Gardens, the non-profit organization founded by Shayna Grimwood and Teresa Butler, two women with a lot of heart and a bucket full of experience in third world countries.

EMG is devoted to building eco-communities around the world. Its pilot project will be in rural Uganda in East Africa. EMG's mission is to raise a projected amount of funds by February 2014, which will kick-start the development of the first of many eco-communities, founded on co-creation and sustainability. It will be a place where locals can come together to learn about and teach sustainable practices, including bio-intensive agriculture, permaculture, bee-keeping, herbal medicine, yoga, preventative health care, pre and post-natal holistic health and natural birthing.

What sets EMG apart from other NGO organizations is the group of women behind the name. Coming together from all walks of life, they share a commitment to inspire and share their knowledge of holistic living. All six members are holistic nutritionists and yogis with a shared dream of a sustainable future. The two co-founders have extensive experience living and working in East Africa and other third world countries and both have learned that current foreign aid models do not work.

No one in this world needs saving; people need a foundation for self-sustainability. Based on their personal experiences, the co-founders know that the people in these communities want and need opportunity. By offering them the tools, including community education, they hope to build a place of co-creation and empowerment.

Jenny with pail, Africa. Photo by Kim Kitchen, www.kimkitcheninthestudio.com

With this vision in mind, EMG's main fundraising event is inspired by the journey that women in East Africa make every day to collect water for their families. On September 2, carrying a full jug of water on her head, Teresa will embark on the "Thirsty Bucket Trek," a 90-day walk for awareness across Canada. Her supporters will share the incredible opportunity to co-create this eco-community built on the mighty Nile's shores in 2014.

Written with contributions from **Shayna Grimwood**, **Teresa Butler** and **Chloe Elgar**. To learn more and to get involved, visit www.ecomamasglobal.com

Stop PRV-infected salmon

On July 11, *Virology Journal* published a scientific paper co-authored by Dr. Fred Kibenge, myself and others reporting that a highly contagious European salmon virus is in BC. It appears piscine reovirus (PRV) arrived in BC waters around 2007. *Virology* is the first publication to note the occurrence of the virus outside of Norway. The authors show that the virus they found in BC closely matches the same virus in diseased Atlantic farmed salmon in Lofoten, Norway.

There is strong scientific evidence that Atlantic farmed salmon carried an exotic virus into BC. PRV is associated with a serious salmon heart disease. For anyone who takes a look at the science, it's pretty hard to deny this one. Perhaps that is why Fisheries and Oceans Canada is completely silent.

Will the industry get away with it?

I first reported piscine reovirus in 2012 when I began buying farmed Atlantic salmon in BC supermarkets to test for European viruses. These fish also tested positive for segments of the infectious salmon anemia virus (ISAv) and salmon alpha virus (SAV). These are all European viruses killing massive numbers of farmed salmon in Norway. None of these viruses were previously reported in BC. Most widespread in my samples is PRV.

In 100 Atlantic farmed salmon sampled in BC supermarkets, the PRV infection rate was a staggering 95+%. PRV is a tough, durable virus more easily detected than the fragile ISA virus. Unfortunately, these findings came too late to be included in the Cohen Commission into the decline of the Fraser sockeye, but they would have been important for this reason. Norwegian scientists don't think a salmon with the heart disease associated with PRV can swim up a river.

Up to 90% of some sockeye runs that make it to the lower Fraser River no longer make it up the river to their spawning grounds. If close to 100% of the BC Atlantic salmon tested in BC supermarkets markets are infected with PRV, it stands to reason, that many, if not most, salmon farms on the Fraser sockeye migration route are also infected; BC wild salmon have to swim past many salmon farms to get to and from the river. One scientist warned that PRV can spread like "wildfire."

Did this virus really come from Norway? Is it dangerous to wild salmon? Could it be responsible for declines in wild BC salmon? To answer the first question, we can only look at the science. PRV has never been reported outside of Norway. The strain in BC matches the strain in Norway.

Is it dangerous to salmon? Three scientific papers report that PRV appears to be causing Heart and Skeletal Muscle Inflammation (HSMI). Marine Harvest is one of the largest salmon aquaculture companies in the world. The Norwegian company has operations in BC and cites HSMI as the second leading cause of death of their salmon worldwide.

Could it be a factor in BC wild salmon declines? Because we were finding it in wild salmon, filmmaker Twyla Roscovich went to Norway in May to ask the experts, on camera. The scientists were unanimous, emphatically stating that PRV causes HSMI, which damages the salmon's heart to the point they are unable to pump blood. One scientist warned BC to get PRV- infected Atlantic salmon out of its waters before it's too late. View the short film *Asking Norway About the Piscine Reovirus* at SalmonConfidential.ca

The Department of Wild Salmon is asking for the public's help to stop the spread of this virus. For more info and to get involved, visit SalmonConfidential.ca

Alexandra Morton is an independent biologist in BC working to protect wild salmon. www.alexandramorton.typepad.com

photo by Anissa Reed

SUNWARRIOR®
Transforming the Planet One Warrior at a Time

Warrior Blend Protein

A proprietary formula overwhelmingly superior to any of its single components. This dynamic fusion creates a unique, raw, plant-based protein with a complete amino acid profile exceptionally high in Arginine, Lysine, Leucine, and branched chain amino acids.

Classic Protein

Perfect plant-based protein for athletes, body builders, and health enthusiasts; ideal for those who want to lose fat, build muscle mass, and be extremely healthy and fit. Unlike soy or whey proteins, Sunwarrior Protein is easy to digest and hypoallergenic.

Ormus Supergreens

Grown in a pristine ancient seabed in a volcanic region of Utah and Arizona where the rich soil is loaded with platinum, gold, silver, and Ormus trace minerals that give the greens a magnetic property, increasing the vibration and frequency of those who consume it.

RAW • PLANT-BASED • BLENDS WELL • TASTES GREAT
Gluten Free, Soy Free, Dairy Free, Hypo-Allergenic, Non-GMO

Sunwarrior Canada
www.sunwarrior.ca
info@rawelements.ca

To learn more about these and our other superfoods, visit
www.sunwarrior.ca

Like us
facebook.com/SunwarriorCanada

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 25 years of excellence in TCM Education

Diploma programs Start September 9, 2013
Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist

Very high passing rates in CTCMA Board Exams.

Eligible for HRSDC Funding and Student Loans
We accept transfer credits

Chinese Tui Na Massage Short Term Certificate Program Ongoing

CLINIC OPEN TO PUBLIC
Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.
FREE info sessions on programs
Thursdays 2 - 4 pm
Aug. 1, 8, 15, 22, 29

PCTIA ACCREDITED
Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver, no other locations.

Datebook Events

BC Day August 5

For rates & placements email
datebook@commonground.ca

AUG 6
Coastal Academy of Hypnotic Arts & Science Open House and information evening. Call to register: 604-427-1914, info@coastalacademy.ca, www.coastalacademy.ca

AUG 10
Burnaby Blues & Roots Festival featuring Blue Rodeo, Charles Bradley, Ndidi Onukwulu. Deer Lake Park. Gates open 12 Noon. Show 1-10PM. 604-205-3000. burnabybluesfestival.com

AUG 11
Meditation for Spiritual Awareness: Free Intro Workshop 2PM. Meditation & Ecology Centre, 11011 Shell Rd. Richmond. Info /Register: Linda, 604-985-5840. Drop-ins welcome.

AUG 12-OCT 10
Andean Wisdom Teachings with traditional Curandero (healer) Jhaimy Alvarez-Acosta from Cusco, Peru. Evening talks, workshops & retreats in Vancouver, Victoria, Peterborough and Toronto. www.childrenofthe7rays.com Ph: 778-279-7234

AUG 13
Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. 7:30PM, Vancouver. For more info email: info@shamanicmedicine.ca or call 778-227-2939. www.shamanicmedicine.ca

AUG 18
Vancouver Latin Summer Festival 2013: FREE, presented by Latinos en accion. 11AM-7PM, Victoria @ 15th (please use Skytrain). Donations welcome. For volunteer & market opportunities, email info@latinsummerfest.com or see Facebook, www.latinsummerfest.com

AUG 19
The Union of the Heart: Special program event with guest speaker, Sister Bhawna Shukla from New Zealand at Holiday Inn Metrotown Ballroom, 7PM. All are welcome! 604-436-4795, vancouver@ca.brahmakumaris.org

AUG 23-25
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

NON-TOXIC DRYCLEANING
helpinghand CLEANERS
Water-based cleaning
No perchloroethylene
4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

AUG 24-25
Next Step Counselling Conference: Face Talk, multi-cultural romance, marketing, exploring vulnerability & shame. Rhodes Wellness College. Call 604-708-4416 to register or email admin@rhodescollege.ca. Early bird rates apply.

AUG 24 & 25
Sacred Energy Circles for Healing: Saturday 1-4PM, $50. Vancouver Main Library. Daoist Immortality Teachings, Sunday 1-4PM, $50. Hilton Metrotown, Burnaby. www.lovepeaceharmonybc.com

AUG 25
Adventure into Time and Beyond with Rifa Hodgson presents Intuitive Experiential Workshop: Meet your Personal Spirit Guide, 10:30AM-1:30PM, West Vancouver, www.lifebetweenlives.ca/Events, 1-888-606-8463.

AUG 25
Join the Worldwide March against Geo Engineeering/Chemtrails. Meet 2PM, Vancouver Art Gallery. Please get involved in Vancouver or whatever is happening in your city. "Look up and Wake up."

AUG 28
Introduction to Harmony Integration: Finally, a way to heal all struggle, turmoil and disharmony in the shortest time possible. Centre for Peace, 1825 W. 16th Ave., 7-10 PM. Tickets $20 online with promo code CG813. $30/door. See ad pg 13. www.endstrugglenow.com or 778-999-5359.

SEPT 1-2
"World Peace Diet" author Dr. Will Tuttle lectures both evenings: 7–9PM, Ukrainian Cultural Centre, 3277 Douglas Street, Victoria. Information: IQBrite@shaw.ca or 250-721-1101. www.members.shaw.ca/IQBrite/Events/ALL.pdf

SEPT 5
Clearmind: Thinking of becoming a counsellor? Free Open House for Clearmind's Professional Counsellor Training Program, 6-7:15PM, Unity of Vancouver, 5840 Oak St. @41st. www.clearmind.com

SEPT 6-8
Chinese Calligraphy and Painting Fundraising Exhibition by Venerable Yin Yeung: At The Great Hall, VanDusen Botanical Garden, 5251 Oak Street. Presented by Po Lam Buddhist Association. Details at www.polam.ca or call 604-290-3998 or email plba@shaw.ca

SEPT 6-8
Introduction to Hand Reflexology commences Certificate Weekend Training Course. Introduction 7.30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 6-29
Turiya (transcendence) Therapy Workshops with originator Jaisri M. Lambert. Four weekends. Profound hands-on bodywork protocols from Ayurveda 'Marma' science for balancing Vata, Pitta & Kapha. www.ayurveda-seminars.com

SEPT 8
"Chef Survival Challenge" – A hilarious fundraiser "Where Iron Chef Meets Tough Mudder," 12-5PM, in Victoria at Madrona Farm. Tickets at www.chefsurvivalchallenge.com, $40/single,$100/family. Includes feast. Proceeds to farmland conservation.

SEPT 13-15
Indian Head Massage Weekend Course with Susan Allen. Course fee: $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 20-22
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 21 & SEPT 29
Adam Dreamhealer Workshop "INTEGRATIVE HEALING." Sept 21: Victoria. Sept. 29: Vancouver. Experience Self-Empowerment as ADAM orchestrates 2 unique group healing sessions to activate your healing power. All registration: www.dreamhealer.com

SEPT 26
2013 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine: Gala Award Dinner, Fairmont Waterfront Hotel. Free afternoon Colloquium with panel speakers & cameo by Dr. Irving Kirsch. Earlybird tix until Aug. 31. Register at www.drrogersprize.org

OCT. 12
Gary Renard – Disappearance of the Universe author, Course in Miracles teacher, Victoria, 10-5PM, with his latest book on Pure Nondual LOVE. www.GaryRenard.com & www.OnlyLovels.org 250-370-1380.

OCT 17, 18, 23, 24
Deva Premal & Miten MantraFest on Tour 2013: Oct 17: Calgary, Jack Singer Concert Hall. Oct 18: Edmonton, Oasis Centre. Oct 23: Victoria: Farquhar Auditorium. Oct 24: Vancouver, Massey Theatre. brightstarevents.net

OCT 30-NOV 2
"Moving from the Organs" with Master Yoga teacher Judith Lasater. A deeper exploration of yoga asana not commonly taught. For teachers & students. www.soulspringwellness.ca, 604-649-8522.

NOV 1-3
An Oasis for Your Spiritual Journey upcoming retreat. "Living Inquiry" with Scott Kiloby, author & teacher. Demystifying the message of enlightenment. First time in BC. Call 250-744-3354, swanwick@shaw.ca, www.swanwickcentre.ca

TUESDAYS
Reflexology Student Clinic 6–10pm. One-hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

Classified

For rates & placements email classified@commonground.ca

LIFE COACHES WANTED

JOIN OUR TEAM TO EARN $60-$90K P/T or F/T. Trained or we will train you. Call Kristine 778-773-3533 for details.

MASSAGE - RELAXATION

www.RelaxationMassageVancouver.com JIWAN FROM NEPAL. Vancouver School of Bodywork and Massage-trained. West End. 604-789-0857.

PSYCHIC SESSION WITH AZIZA

SPIRITUAL READINGS. CAREER & LIFE Counselling. Youth Guidance. Discuss your future aspirations with Aziza: 604-288-7462, intuitions@aziza.us.com, www.aziza.us.com

RETREATS

AN OASIS FOR YOUR SPIRITUAL JOURNEY: Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Info: www.krishnamurti-canada.ca or 250-744-3354. www.krishnamurti-canada.ca

ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/ Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC HEALING

DISCOVER DEFEATING PATTERNS & self sabotage. Drum journeys, Mayan Book of Life readings, crystal & vibrational healing, karma releasing. Email: sonyaweir@uniserve.com or call 778-227-2939. www.eaglefireshamaniccoaching.com

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*

Are you ready to be awakened?

A profoundly spiritual manifesto for a better way of life—and for building a better world.

Plume
A member of Penguin Group (Canada)

www.penguin.com

EAST IS EAST
LIVE MUSIC AT MAIN
4433 MAIN ST
(@ 28TH)

THURSDAY ~ GYPSY MUSIC
FRIDAY ~ PERSIAN AND FUSION
SATURDAY ~ FLAMENCO
WWW.EASTISEAST.CA

VOTE YES FOR A GE/GMO FREE BC

Talk to and write to your mayor and councillors now before the Union of British Columbia Municipalities (UBCM) Convention Sept. 16-20. Ask them to support the resolution being put forward by Metchosin to make BC a GE Free area.

Sign the petition at http://gefreebc.wordpress.com/ubcmresolution/

GE FREE

FOR SALE

MORNINGSIDE ORGANIC BAKERY CAFÉ & BOOKSTORE

view presentation at morningsideorganic.com

salt spring island

Thinking of Becoming a Counsellor?

PCTIA REGISTERED

Attend our Free Open House to Learn about Clearmind's

Professional Counsellor Training Program

Clearmind.com

Connecture Topic: Going Home - Discovering the Family You Never Knew You Had

Open House 6 to 7:15 pm Connecture starts at 7:30 pm
Thurs. September 5, Unity of Vancouver, 5840 Oak St at 41st

Cate Blanchett as Jasmine. Photo by Jessica Miglio ©2013 Gravier Productions, Courtesy Sony Pictures Classics.

Toeing the party line

Political reporter Sean Holman's 43-minute documentary, *Whipped: The Secret World of Party Discipline*, is now free online at http://www.cpac.ca (Search for Whipped.) Holman's self-narrated piece looks at how BC's political party culture stifles public debate and democracy. It's the kind of insightful and authoritative look you would expect from a veteran reporter of political affairs.

It's no secret that BC MLAs very rarely vote against their own parties, but people might be surprised at just how rarely it occurs. Raking through the voting records, Holman found that a mere 0.25% (or 80 out of 32,328 votes) broke party lines between June 2001 and April 2012. By comparison, MPs in the UK voted against their parties seven times more often, he says. Holman notes you have to go back to a minority government in March 1953 to find the last time a government bill was defeated in the BC legislature.

What goes on behind the closed doors of party caucus – where the party line is supposedly decided upon and then enforced by the party whip – is a mystery. A succession of former NDP, Liberal and Social Credit MLAs explain how they were often required to vote against their own principles and the interests of their constituents in order to maintain the facade of party unity. Former NDP MLA David Chudnovsky talks candidly about how he was "ashamed" early on in his stint as an MLA to support a bill to give members a big pay raise. Why do it? Because at the time he accepted he had "to stand together" with his caucus.

Former Liberal MLA Dennis MacKay said he resigned his position because the leadership stopped consulting with its members about policy decisions and the only time he was needed was when it was time to vote.

MLAs who rebel say they were ostracized both politically and socially. They lost influence and jeopardized career opportunities. Former NDP member Michael Sather talks of "the scars" of a six-month suspension in 2006 for voting against the Tsawwassen Treaty, out of fears of port development on farmland and bird habitat. The experience led him later to back the NDP position of opposing the carbon tax, against his principles.

Holman suggests provocatively that perhaps BCers are satisfied with the *status quo* where the inner sanctum of the governing party wields all the power because it offers a more stable government. However, he is clearly not convinced by that line of reasoning himself and the subjects in this welcome documentary provide a compelling case for party leaderships to loosen their grip, provide more transparency and let a little more democracy flow.

In Woody Allen's latest comedic drama *Blue Jasmine*, Cate Blanchett gives a wonderful, complex portrait of a woman trying to pull out of psychological freefall after experiencing financial ruin. When her deceitful husband's Bernie Madoff-style schemes collapse in ignominy, Jasmine is forced to move in with her sister (Sally Hawkins), a grocery cashier in San Fran. She adjusts to the working class lifestyle, but the high-strung former Manhattan socialite seems to insult everybody with her condescending airs. Yet she still manages to cut a sympathetic figure as she desperately tries to get back on an even keel. It's classic Allen fare, although with a more tragic than comedic undertow.

Robert Alstead writes at www.2020Vancouver.com

Duane O'Kane

Where it began Clearmind International "Love out Loud"

The formation of Clearmind started at the end of a long bout with clinical depression in my late 30s. It was the perfect storm – everything that I knew and had attached myself to had fallen apart at every level. My 13-year relationship was over, my music career had ended, my alcoholic father had committed suicide and I had lost my house. I lost everything and in a way it was all perfect. Clearmind began with me healing myself.

Duane and Catherine O'Kane

The story I don't often tell is what inspired me to pull myself out of that depression, which was deeply connected to my experience as a young teenager in the sixties. Back then, I was a devout follower of the counter-culture vision for a new world. It was embedded in the profound lyrics of the music, especially the Beatles. Many people didn't take that movement seriously beyond the recreational experience, but for a few of us it actually landed. We became visionaries and held on to the possibilities of those values – of what the quality of life could actually be like, for self and the world.

During my late teens, I had been introduced to group therapy and later became fascinated by *A Course in Miracles* (ACIM). It identified our human struggles in a very conventional way – talking about our upsets, rage, guilt and fear – yet speaking to what is hidden underneath it all and awaiting realization. It all aligned with getting outside of self-obsession and more into the collective consciousness and the divinity of being human and being one. In 1991, five years after my father's suicide, I was in a deep depression and could've easily fallen into the same suicidal pattern as my father, but I didn't want to repeat the patterns of generations before me. So I called upon that child within me from the sixties – who decided that anything is possible – and I moved forward.

I built a strong bridge between great ideas and practical needs. The idea for the "PRAC for Life" program was born out of several unique therapeutic practices I had created for my own healing. When I used them with my group therapy clients they felt a deep shift in their healing. They got really excited and wanted to learn more about it. With the help of my good friend, Teertha Mistleberger, I began to shape Clearmind.

In 1995, Clearmind held its very first "Awakening" workshop. In 1996, Catherine came into my life and we eventually got married. She helped me turn that one-lane bridge into a multi-lane bridge with more traffic and possibility. In essence, she made Clearmind complete. If you ask Catherine how we began, she says our mission statement "Love out Loud" sums it all up. Anyone can feel wonderfully inspired, but if it isn't acted upon, it doesn't have a life. That's what we have created here – a concrete playground to constantly love out loud.

It's that very act of loving out loud that allowed us to build Clearmind into what it is today – a thriving company that has been offering professional counselling training and personal growth workshops for more than 20 years.

Clearmind offers innovative educational and psychotherapeutic programs using an experiential spiritual/transpersonal paradigm, www.clearmind.com

PREPARE
your tastebuds

DETOXIFIES
ENHANCES DIGESTION
ANTIOXIDANTS + ELECTROLYTES
SUPPORTS THE IMMUNE SYSTEM

Sparkling living tea
Made in Canada

RISEKOMBUCHA.COM

DEVA PREMAL & MITEN
with MANOSE and Maneesh de Moor

"Their music is pure magic"
- Eckhart Tolle

REED'S
Culture Club
KOMBUCHA

PRESENTS:
MantraFest On Tour 2013

GURUGANESHA BAND
FEATURING Paloma Devi & Hans Christian

CALGARY, AB OCT 17 EDMONTON, AB OCT 18 VICTORIA, BC OCT 23 VANCOUVER, BC OCT 24

For Tickets & Information visit: BrightStarEvents.net

Recovering my inner athlete

I'VE ALWAYS LOVED TO RUN. These days I'm always running after two young kids. That means less *"me time"*... and more joint pain. But now I'm in recovery. Thanks to RECOVERY® by Purica my pain is gone, and my energy is back. I'm jogging again, recovering my *"inner athlete."* So I'm a little less stressed... and a lot more who I used to be.

Recommended for anyone with joint pain who wants to feel better than they ever thought possible. Not recommended for people who enjoy pain. We cannot guarantee you will even recognize the much-cooler-you after 30 days. Pure Recovery. Pure Relief. Pure Wellbeing.

www.purica.com

PURICA

This is the fine print. We want you to feel fine. More than fine in fact. Life is so awesome and we want you to feel better than you have ever felt, and then even better than that. And then, even better than that. Sounds like a fine plan?